Fizeek

JUNE
1960
Number 7
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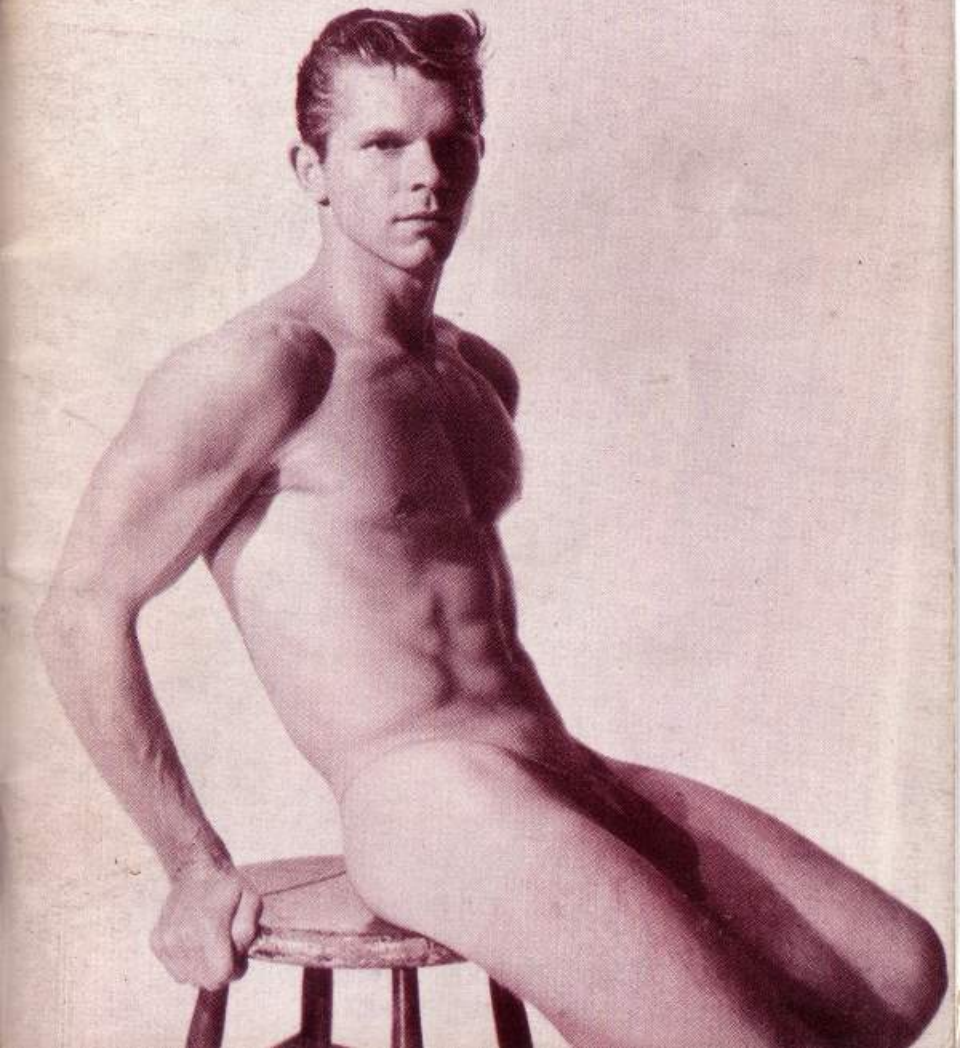
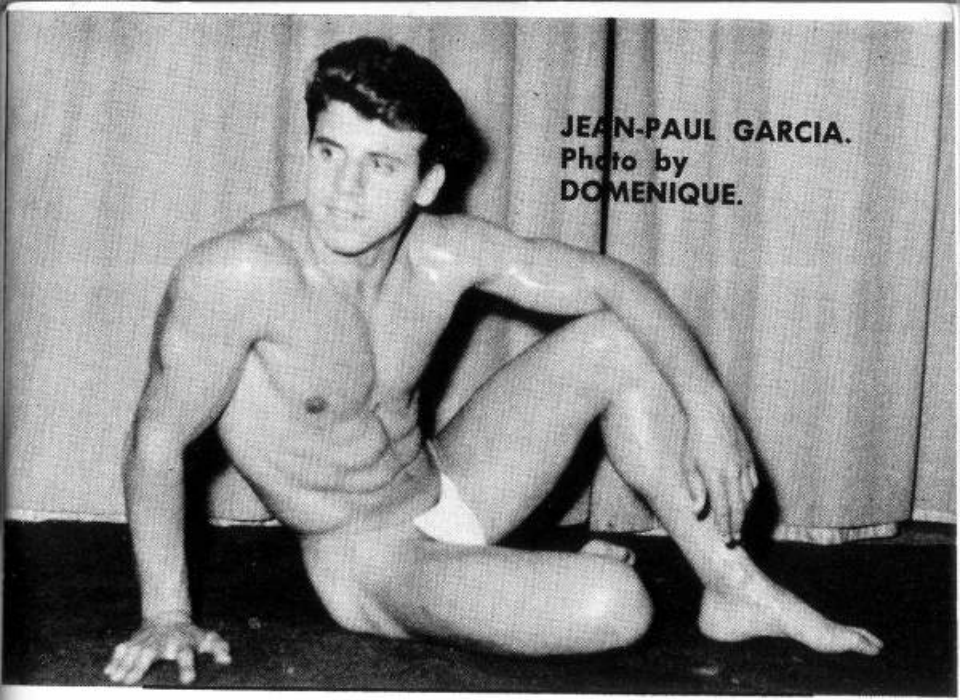
PHYSIQUE ART AND PHOTOGRAPHY



HARVEY KORN, Brooklyn body builder, in a photo by SIDNEY.



COVERMAN: DON HAWKSLEY, superb athlete and ardent body builder, is another outstanding example of the photography of MILO.

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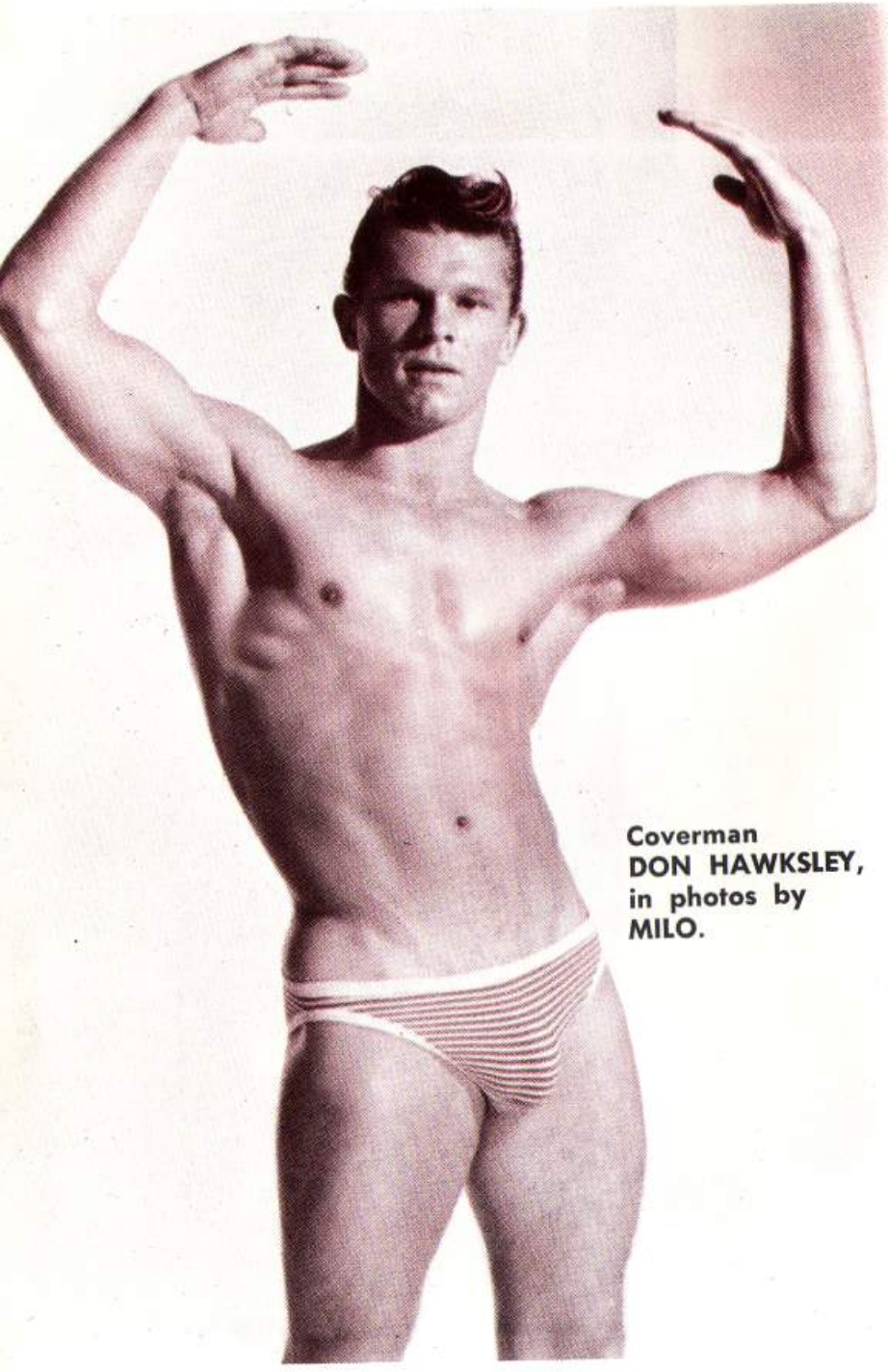
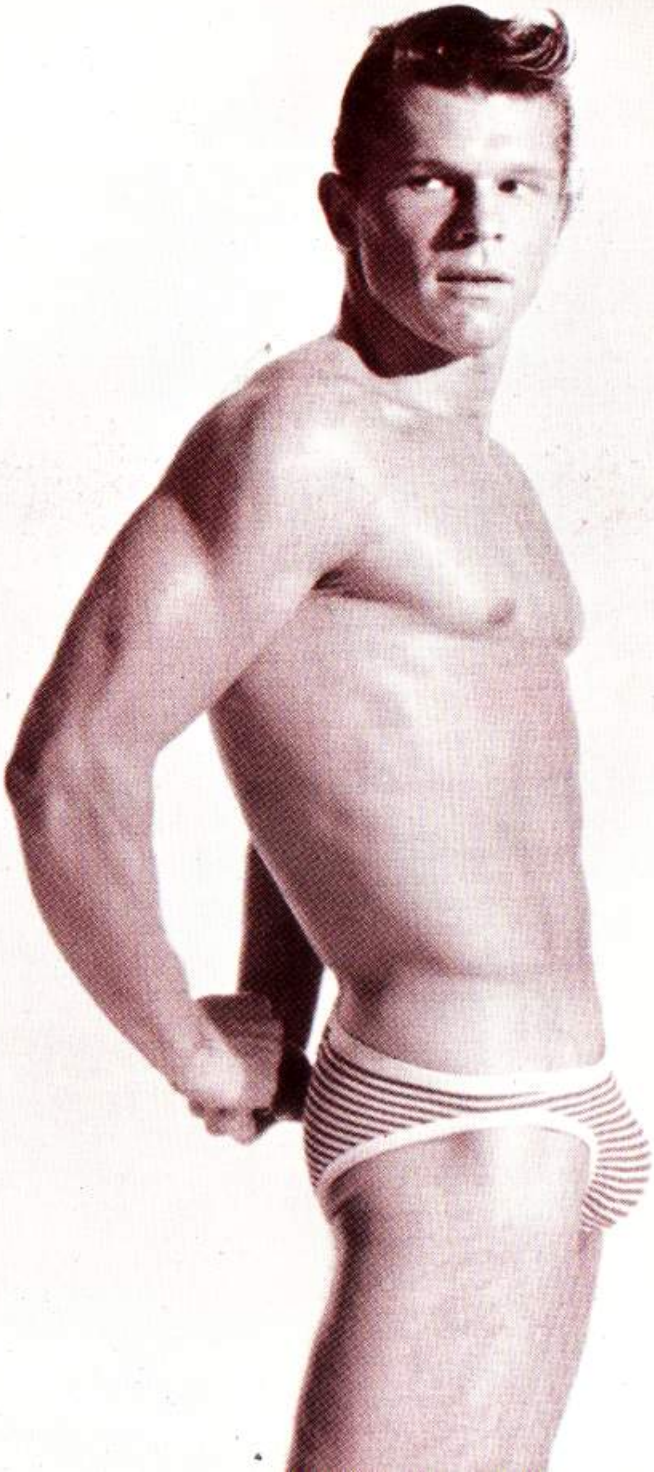


Coverman
DON HAWKSLEY,
in photos by
MILO.



Bigger Biceps and Triceps By Better Bowling

by

CARLSON WADE

Part Two

The bowling ball is your only piece of equipment in this sport so take time in selecting one that fits. A common mistake most bowlers make is to use any ball that comes along. Stick your fingers into the ball to see if they fit comfortably. If they're too tight, you'll have difficulty in letting go. Likewise, if they're too large, the ball can slip out of your hand. It's a heavy object and it's no joke to get one dropped on your foot. Select a ball that fits your hand comfortably.

How do you hold the ball? Insert your thumb into the thumbhole. Spread your fingers over the ball. Your second and third finger knuckles should be centered exactly over the holes. This method determines your correct span. Do not put your other fingers into the holes. Your wrist, fingers and thumb should not be strained in this position. This is your *grip*—natural and comfortable. Most balls usually weigh about 16 pounds which is comfortable for any bowler.

Most bowlers use the closed grip—the thumb and middle finger are inserted in the holes. Now, you hold the ball in this position and you're ready for the next move.

What position do you take? You're facing the alleyway. Your stance (bowling lingo for position) should be about fifteen feet back of the foul line—a long horizontal line drawn across the

---

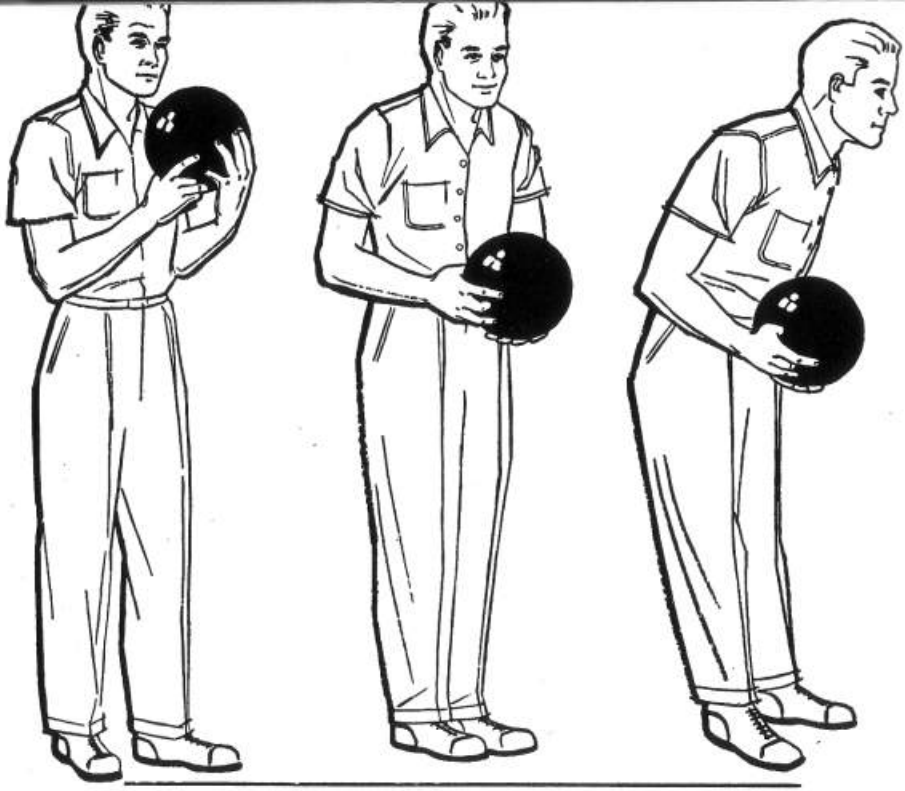
Here is the open two-hole grip with the fingers spread apart. Experiment with both a closed and open grip and determine which suits you best.

alley. At the end of the alley are ten wooden pins standing up. Your task is to knock as many of them down as possible. You face the goal. Stoop forward slightly, swing the ball in a pendulum motion slowly. Your stance should be comfortable and relaxed. Now you're ready for the approach.

You don't stand still when you release the ball. You take a number of steps—not beyond the foul line but as far as you want to go. It's up to you. Some usually step four times, but as far as eight-step bowlers are popular. As you make your first step—with your right foot—push the ball away from you. Your second step requires you to hold the ball naturally and comfortably. Your third steps means that the ball swings naturally into the backswing. While your fourth and fifth steps are taken, the ball comes forward, you bend at the waist slightly, bring the ball before you and release. Watch it roll down the alley, straight into the goal—the tenpins.

Releasing is the most important aspect of bowling. Even if your position is faulty, if your release is executed properly, you can knock over all ten pins. Do NOT drop the ball. NEVER throw it as you would a football. Let it roll along the alley smoothly and naturally. Just as your left foot touches the foul line, the ball should be released from your hand. Use a smooth and graceful movement, almost gentle. Maintain your balance because a clumsy position means a clumsy throw. As you approach the foul line, balance your weight on your left foot. Use your right toe, held back, as a brake to fortify your position. Bend slightly toward the alley. Keep both shoulders parallel.

This illustration shows the closed grip (described in article) which is used by most bowlers preferring a two-hole ball.



CORRECT STANDING POSITION

Quite a number of our leading exponents use this first style in getting set before starting their stride to the foul line. Beginners, or those who have difficulty in setting themselves comfortably, should try the three styles shown in this article, so that they will definitely be able to determine the style that suits them best. Probably more of the most proficient bowlers use the middle style than any other. The last style of half crouching is employed by those who have difficulty in swinging the ball down from a greater height.

Here's a tip from an expert to improve your releasing position—just at the moment of actual release, keep your hand in a position as if you're reaching out to shake someone's hand. This assures you of an excellent releasing position and it's easy to remember, too.

Repetition will enable you to become a good bowler. Once you find a method that brings results, keep repeating that same technique over and over again. Practice makes perfect in bowling.

NOTE: The third, and last article in this series will appear next month.

FRANK DI GIACOMO, 19 year old NYC college athlete, in a photo by ANTHONY.

Sunshine Builds Body Health

by

CARLSON WADE

At a local bodybuilding contest which I attended, a group of well-muscled young men were being judged for physical fitness and body health. Most of the entrants displayed rippling muscles, deep chests, expanded rib cage, a narrow waist, solid thighs and bulging calf muscles. Yet the three winners selected had an "added something." Their bodies were a healthful golden bronze, tanned by the sunshine, radiating good health. The other muscular youths were pale in comparison. There is no doubt that sunshine is able to build invigorating body health so that the muscle builder who bares himself to the warmth of the soothing rays of the sun, has an advantage over those who have not yet discovered the health-giving powers of sunshine.

Just what happens when you stretch out on the beach and invite the soothing rays of sunshine to caress and embrace your entire body? Noted physician, J. Wayne McFarland, M.D., says, "The skin is our first line of defense against germs; in the skin we have fatty substances that are powerful enough to mobilize calcium and phosphorus from the food we eat and to help place it in the bone cells to make them good and strong. But these little fellows in the skin will not do this unless they first have had a good sun bath. They then change their name and are called Vitamin D and it is the ultraviolet light in the sun that does this.

"Let me tell you what are some more of the benefits of sunshine," points out Dr. McFarland.

"Sunshine causes a pale, anemic, lusterless, toneless skin to become smooth, soft, rosy and resilient; and it actually raises the resistance of the skin so it can more quickly kill the germs which, incidentally, are always about us. It builds up the blood by helping to increase the red blood cells and white blood cells. The red blood cells act as the carriers of food and oxygen. So important are they that the body manufactures one billion every minute.

"For a good general tonic for those with weak, toneless muscles, it is better than anything in a bottle. Sunlight produces a remarkable improvement in the tone of unused muscles. Actual experiments have shown that sunshine helps to improve heart tone. As an ointment in healing up wounds, it is better than any salve man made. It has the power actually to kill germs, and furthermore it stimulates healing in a marked degree."

Just how should you take a good sunbath? Of course, nude sunbathing exposes your entire body to the warmth of the sun. If you can locate an isolated cove or beach, this would be ideal. Cover your pelvic region with a towel since the skin of your sex organs are extremely delicate and sunburn can be unpleasant. Gradually, as you become a golden tan, you may begin to expose your pubic area to the sunshine. Another physician, Edward R. Bloomquist, M.D., who gives advice on enjoying the sunshine. says, "The less you wear, within reason, the better. Clothing prevents sweat evaporation because air between the skin and the cloth becomes warm, humid and stagnant. As a result, sweat soaks into the material, lowering its value as a cooling agent. Clothing should be loose, not only at the top and bottom but in the middle as well. The fewer the layers of material the more comfortable you will be."

To start with, if you find an isolated cove where bathing and sunning may be done in pri-

vate, you may use a bathing suit for the early part of the day while swimming, and then discard your trunks and swim and sun in the nude to obtain full benefits of the sunshine. Try this sunbathing idea with several of your bodybuilding friends if you are hesitant about going it alone. There's more incentive when you do things in a small group. The warmth of the sun will be like gentle zephyrs of soothing breeze upon your body.

The noted nutritionist and lecturer, Dr. Lelord Kordel adds, "Other functions of Vitamin D include an influence on the parathyroid glands which secrete a hormone controlling the level of calcium in the blood; and upon the thyroid gland which secretes a hormone to control the rate at which the cells use their nourishment. Constipation, muscular fatigue, extreme nervousness, excessive tooth decay and arthritic tendencies are symptoms of not enough Vitamin D." And what is the greatest source of this vitamin? You're right—the sunshine! Dr. Kordel explains, "Vitamin D can be manufactured by a substance beneath the skin when the body is exposed to sunlight."

Still more muscle and health building benefits of sunshine are described by a leading New York physician, Herbert B. Wilcox, Jr., M.D. who says, "Sunbathing is often indirectly helpful to people suffering from mild anemia. It frequently has good effects on acne, repeated colds and other respiratory ills, convalescence from any long illness of the bones and joints. There is evidence that exposure to fresh air and sunlight can improve the body's metabolism and raise resistance to infection."

Of course, you cannot rush right out and expose yourself to the rays of the sun because you'll invite a sunburn. You must do it gradually. There are three kinds of rays given off by the sun. *Ultraviolet rays* are most prevalent between ten and two o'clock during midsummer and at high altitudes. These rays come through clouds, even

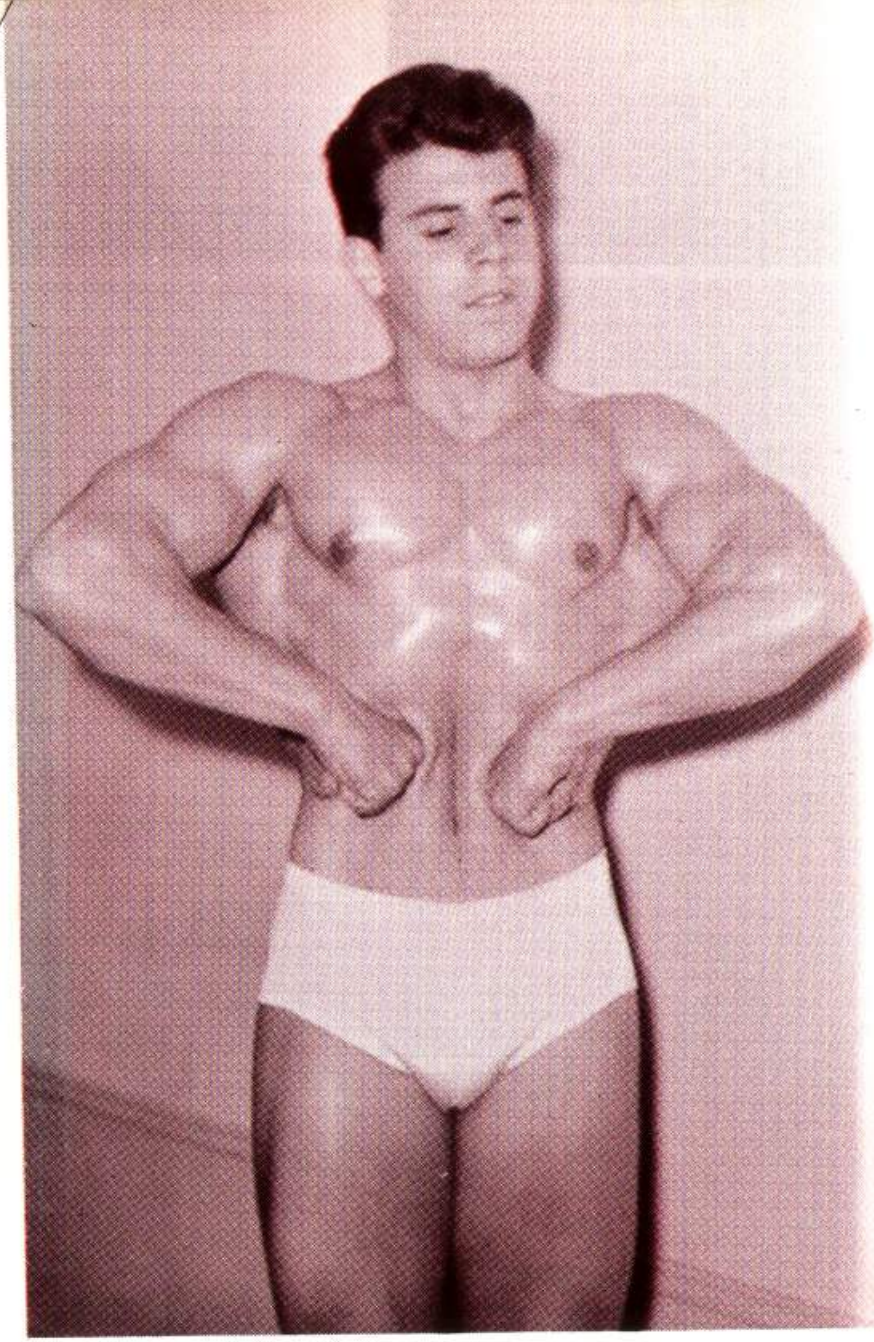
though you cannot see the sun or feel its heat. Shortest in length, they give Vitamin D and help in suntanning. Take care to cover yourself properly because ultraviolet rays come right through clouds and can cause a severe burn.

Infrared rays are those seen as coming from a visible sun. They help increase blood circulation in the tiny vessels just beneath the skin, relieve muscle fatigue, stiffness and other body movements. This form of direct sunshine provides a good suntanning and if you can do muscle building exercises beneath such infrared rays, you'll find yourself more energetic and helping to develop new muscle power.

Visible rays is the third kind of sunshine that provides ordinary daylight and vary between the above two rays.

Just how do you go about becoming suntanned if your skin is too fresh? Dr. Herbert B. Wilcox, Jr., offers this sound advice: "Here are some pointers that may prove helpful: Become a clock watcher at the beach or wherever the danger of burning is great; it's the only sure way to be safe. Don't expose yourself more than ten or fifteen minutes every two hours at first and then later increase the amount of time gradually. Remember the sun can burn through thin garments, and watch out for face burns from reflected sunshine. Use a suntan lotion or oil before and after exposure and after each trip into the water, but stick to your time schedule nevertheless.

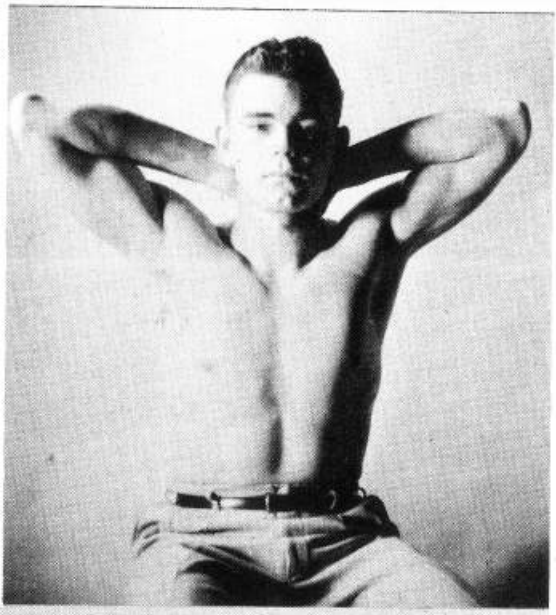
This is the first of a series

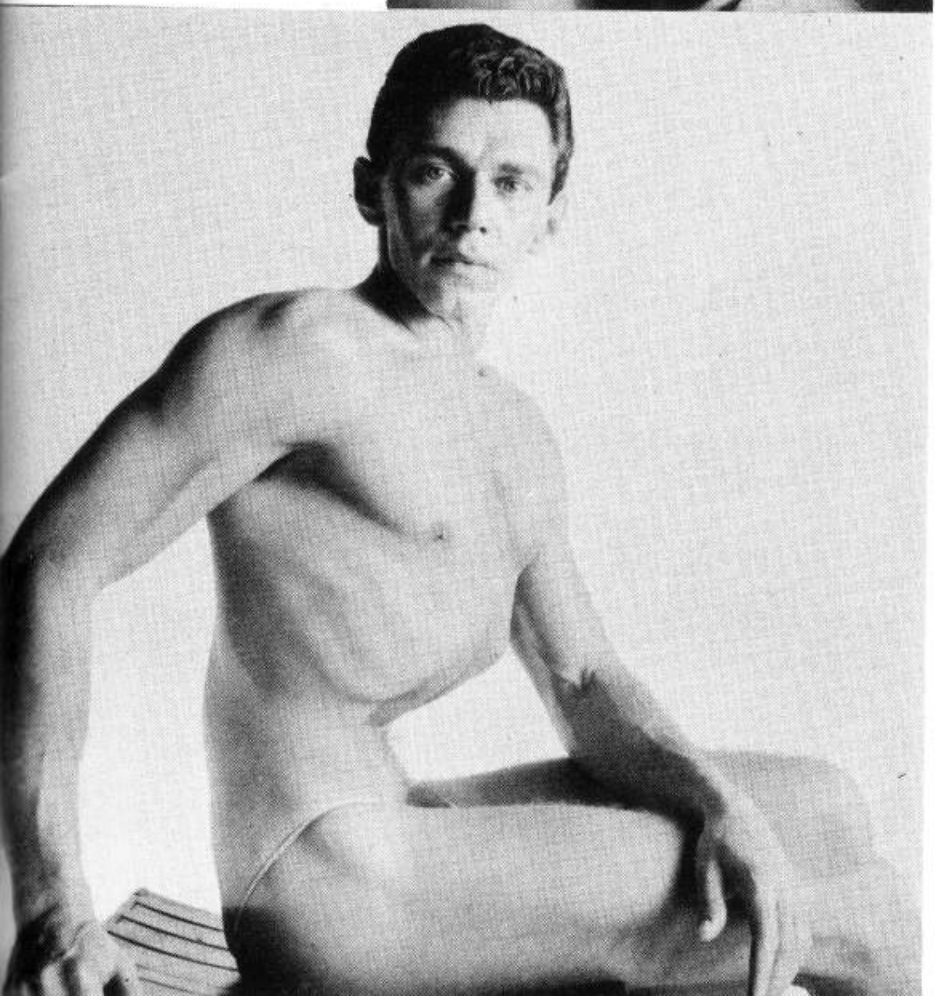


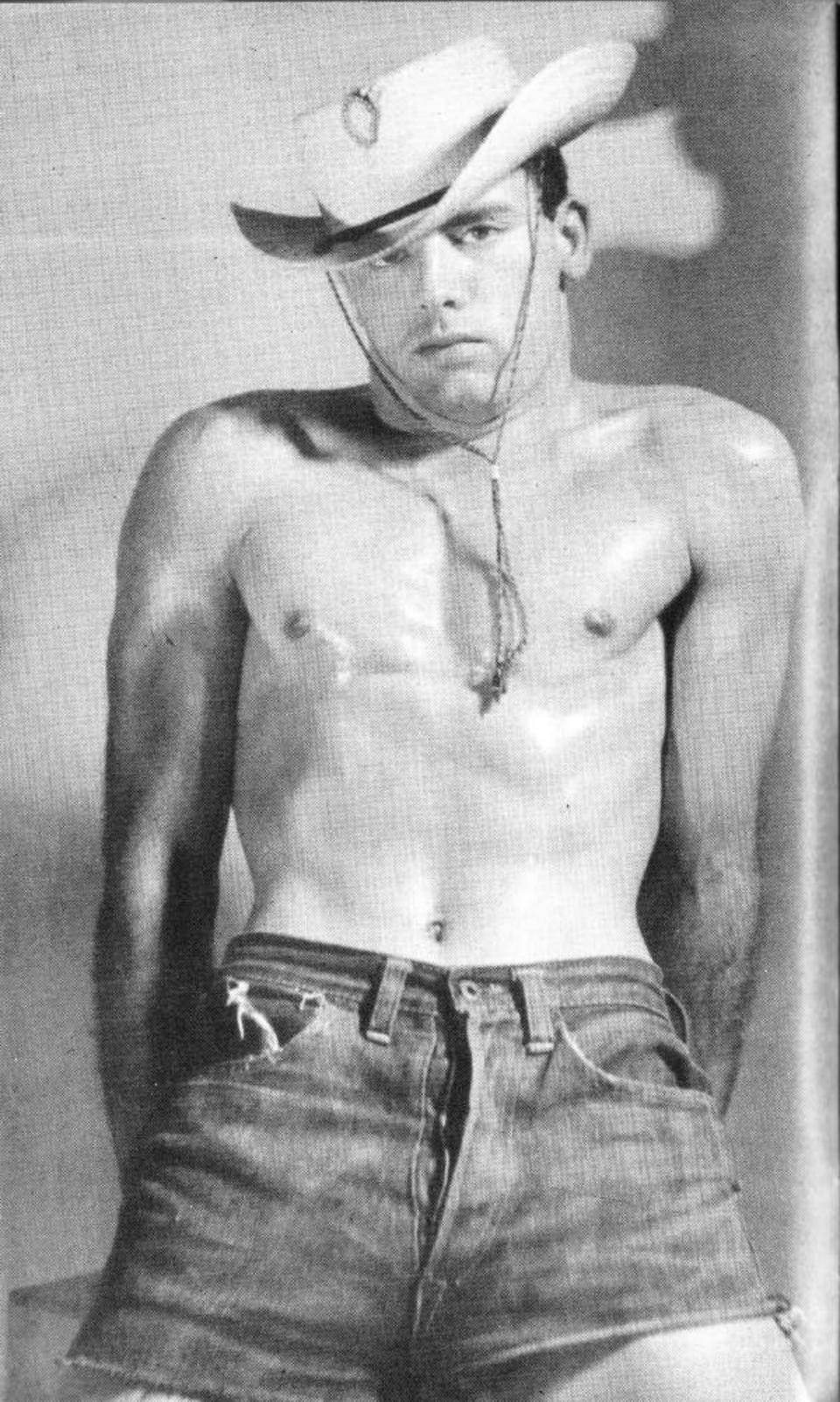
DOMENIQUE, customarily presenting the best in British and Continental physiques, sent in these photos of JEAN-PAUL GARCIA.

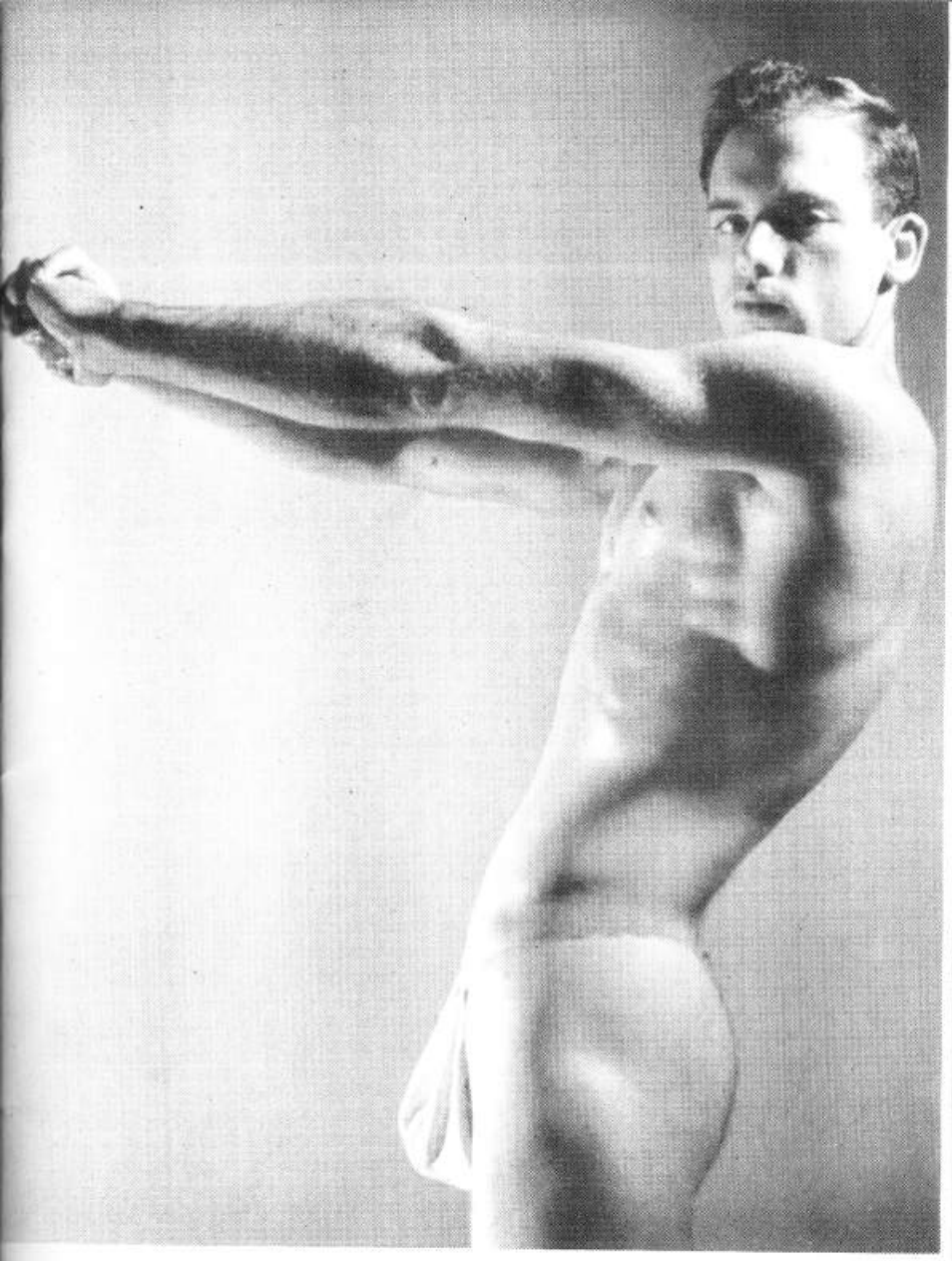
JOE CALI, 16, in photos by VULCAN.

TYC, with many youthful athletes to select from, sent in 18 year old ROB KRAMER, left and below, and 17 year old "RICK," right.

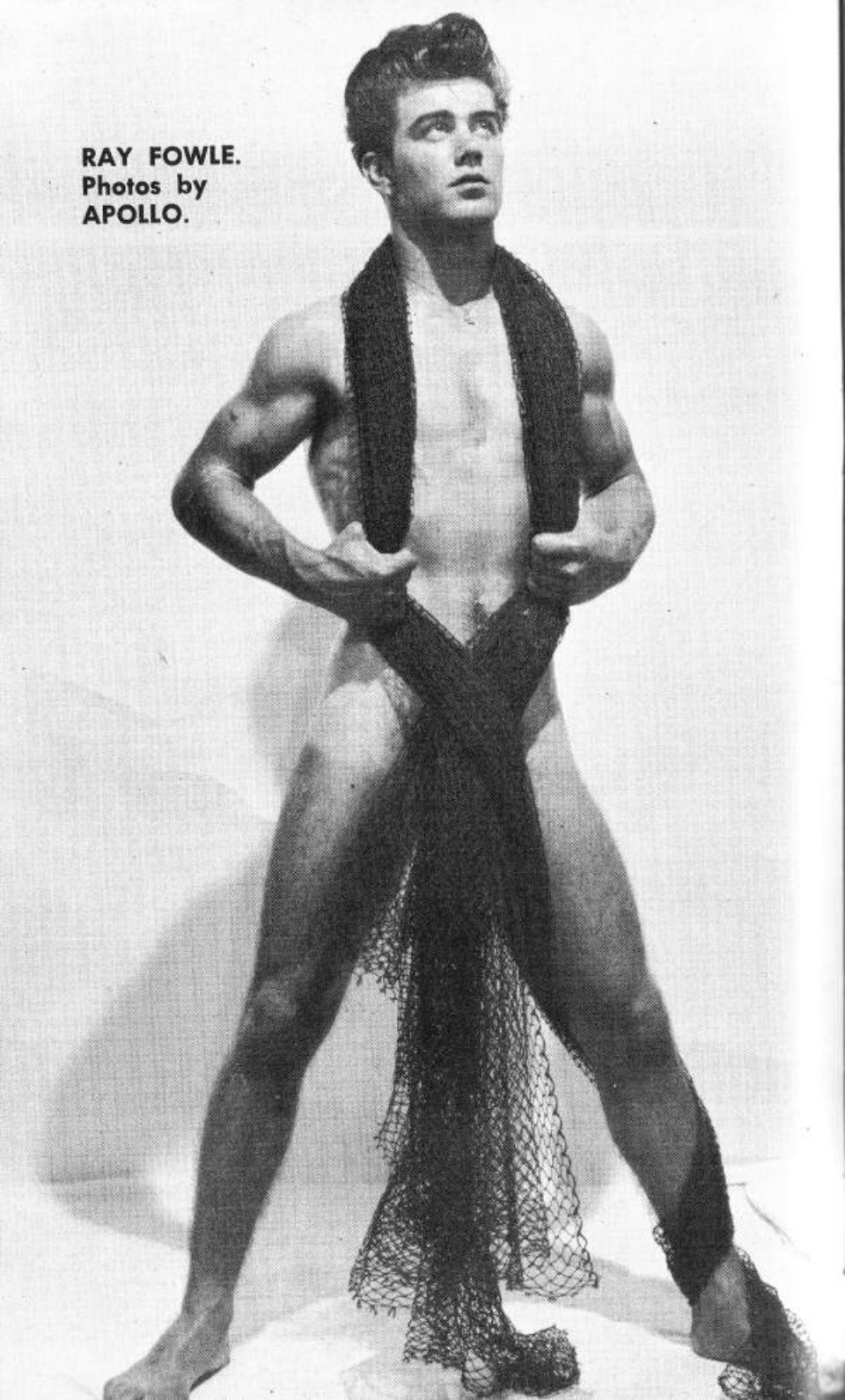


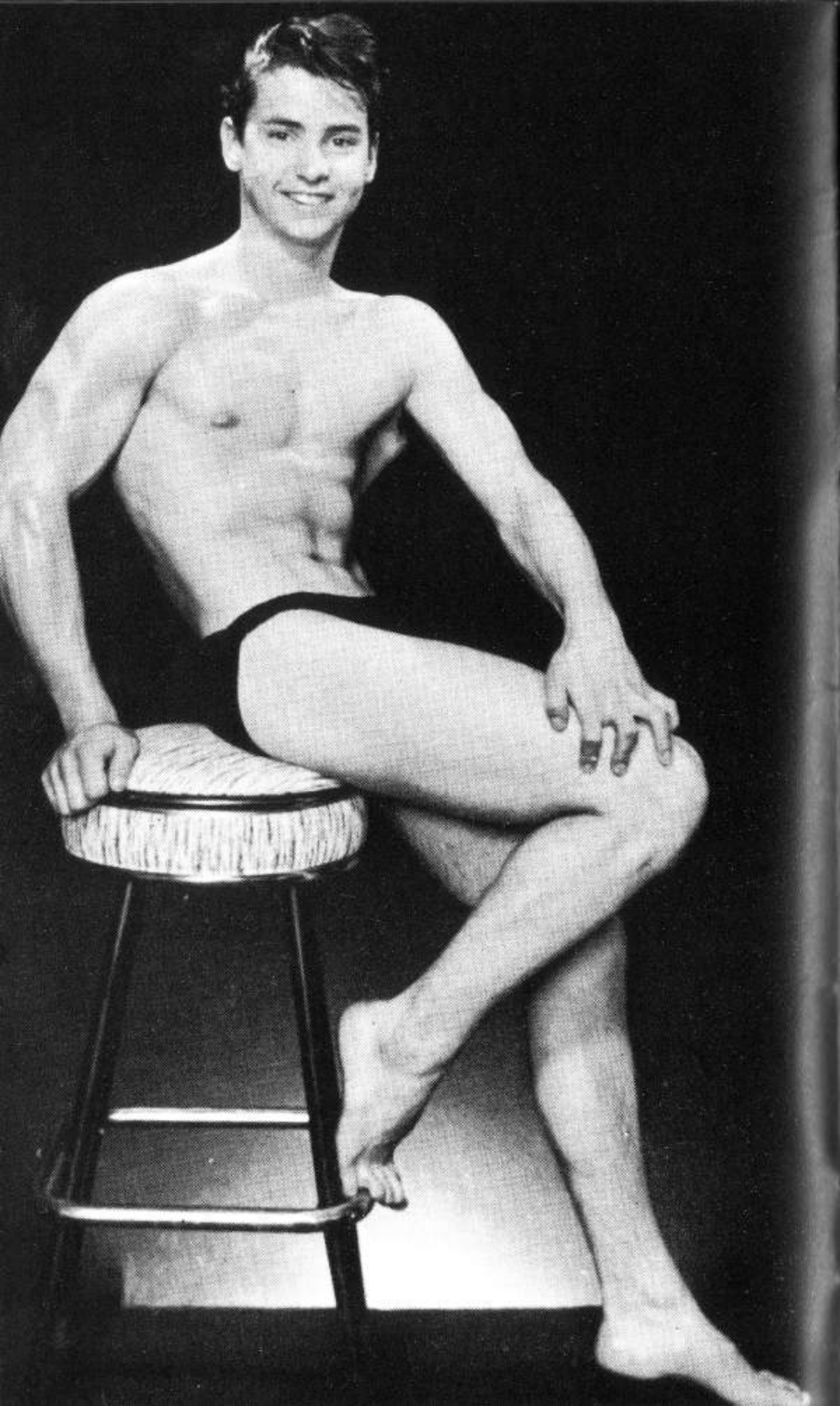


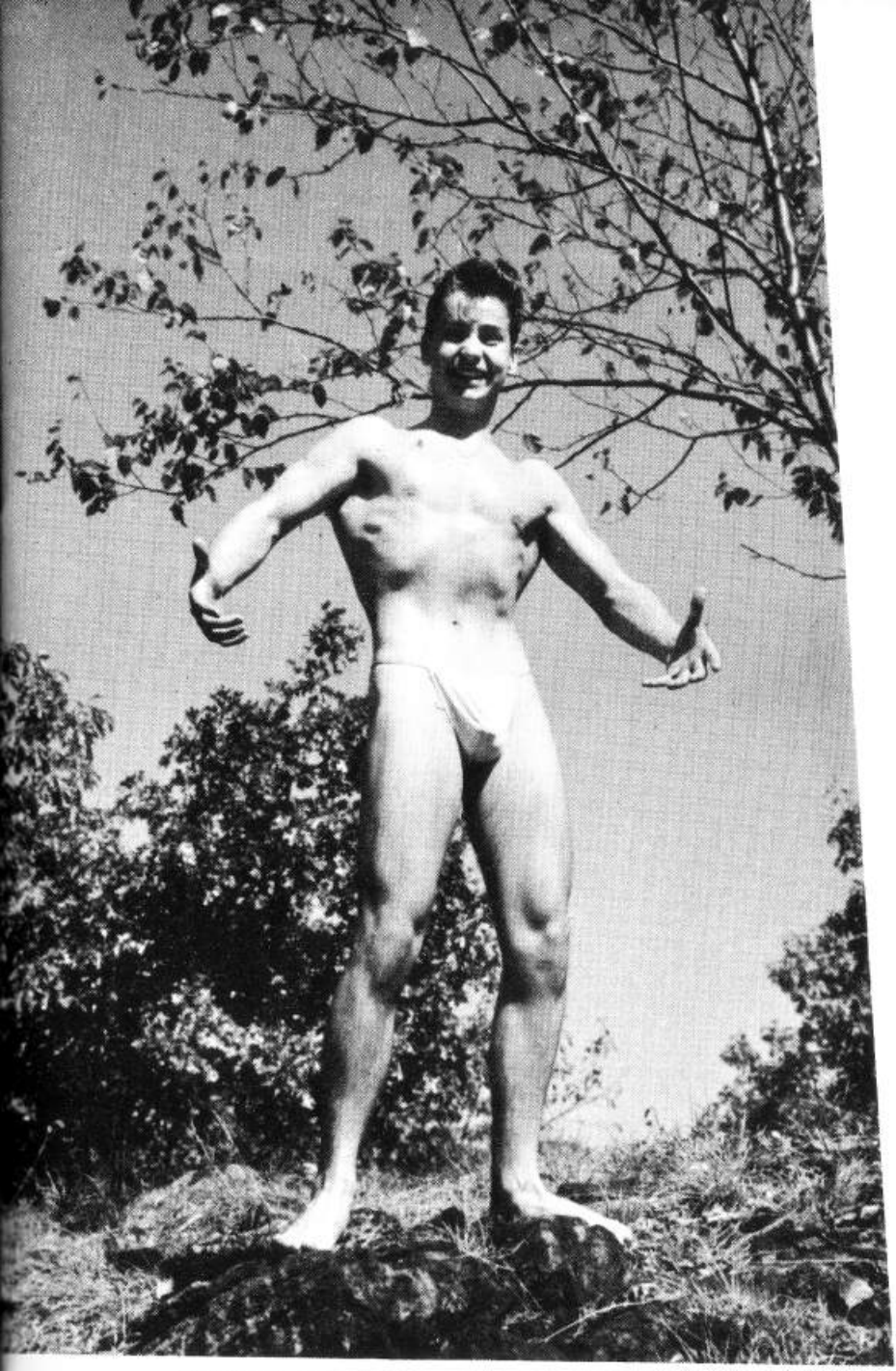




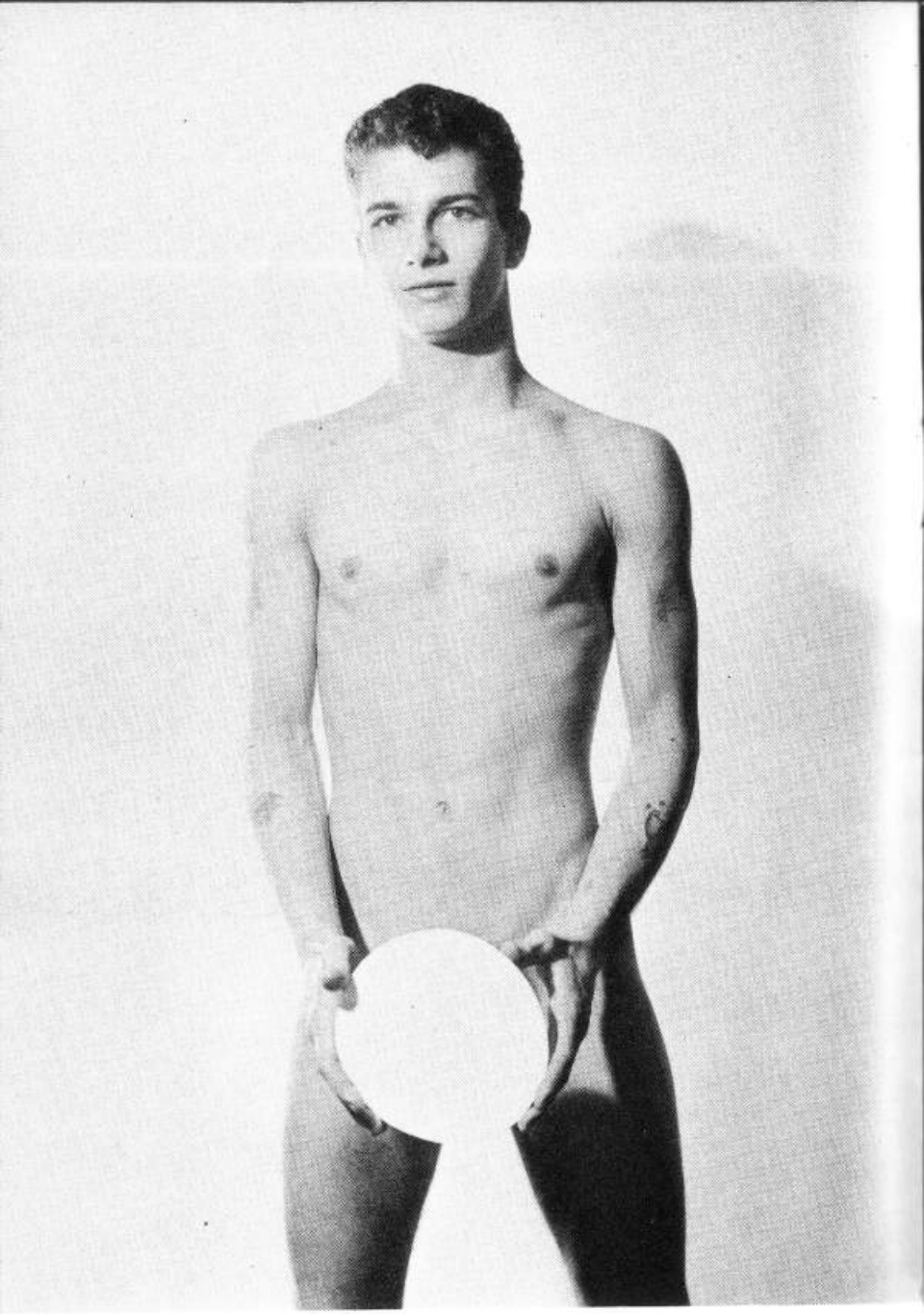
Hollywood has definitely turned to body building as a means of acquiring and maintaining a desirable physique. Among others, youthful actor ROGER COTE, a new arrival but rapidly rising to success, has done this. Photos by PACIFIC FILMS.


RAY FOWLE.
Photos by
APOLLO.



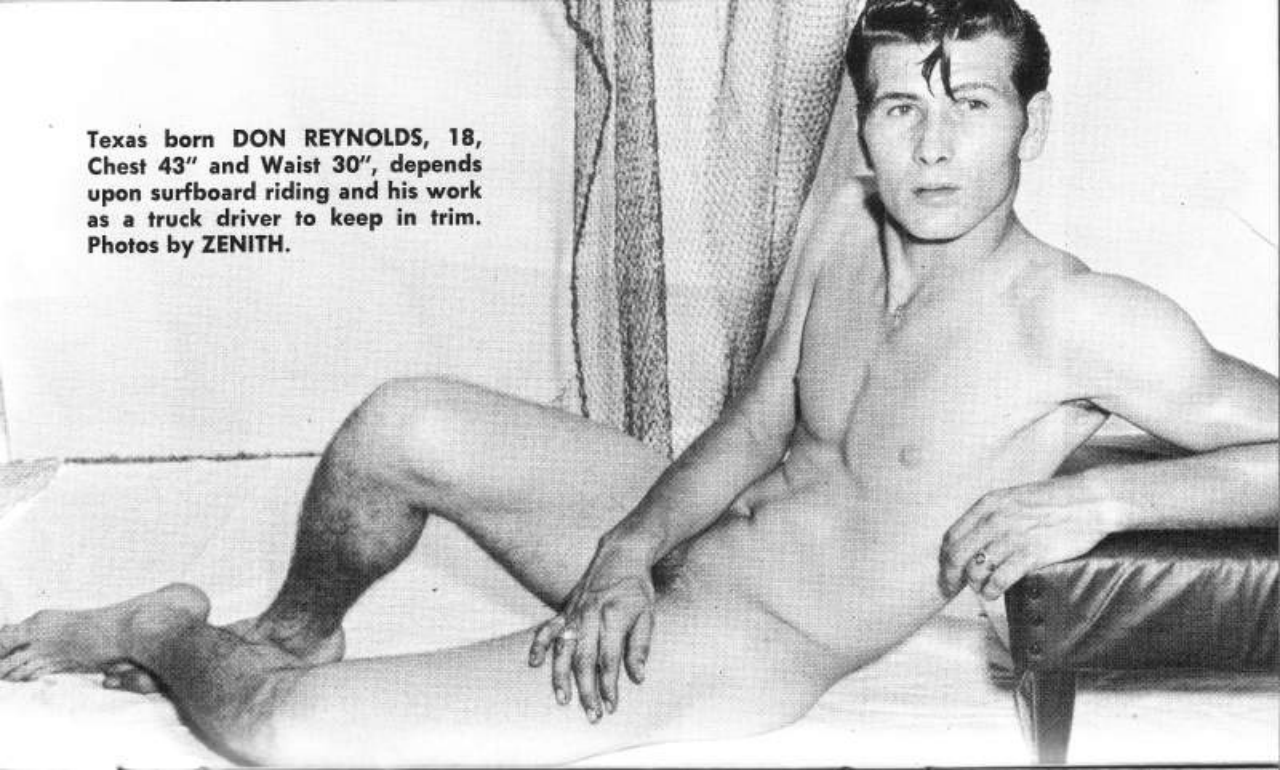


"BUTCH KELLY," in photos by SIDNEY.

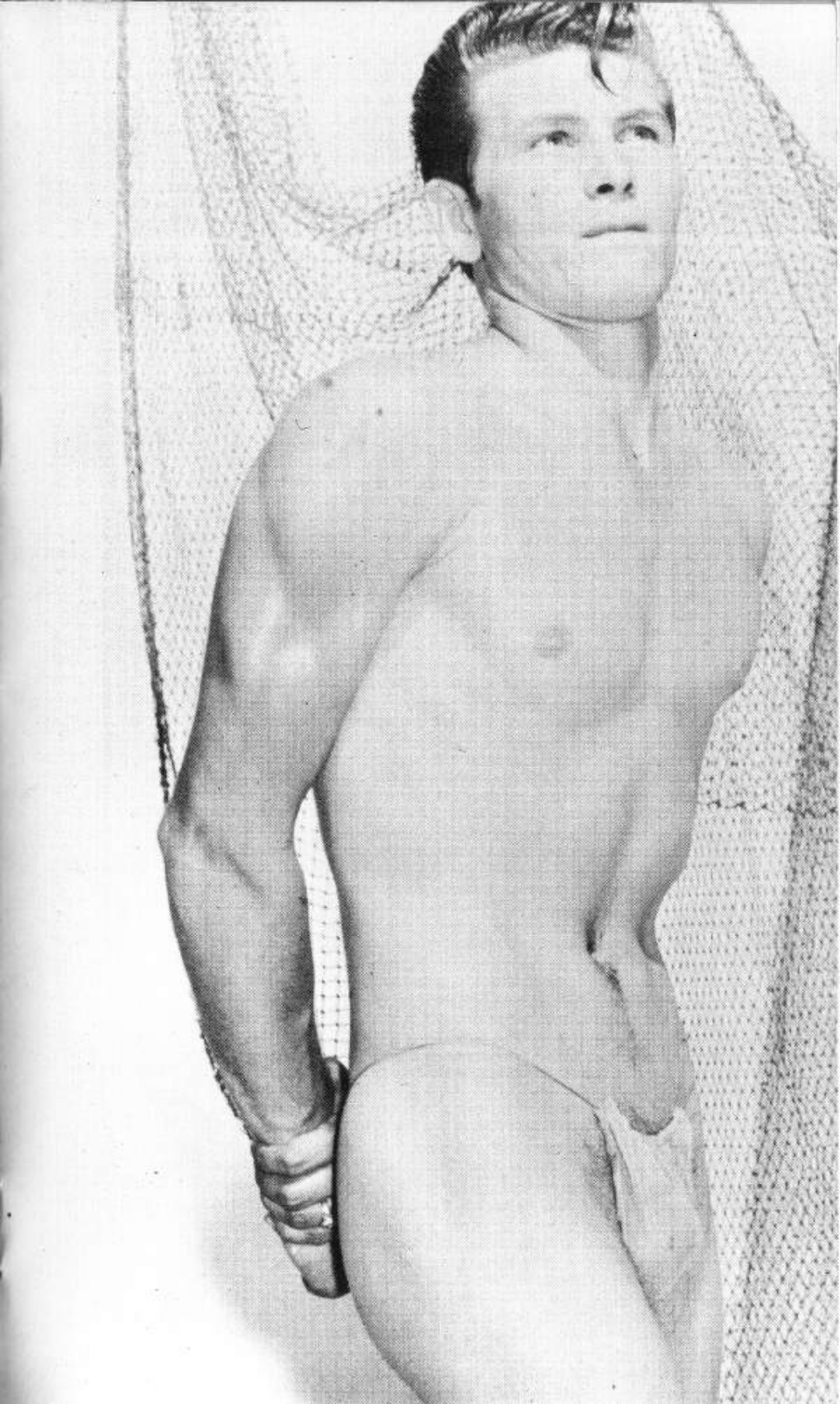


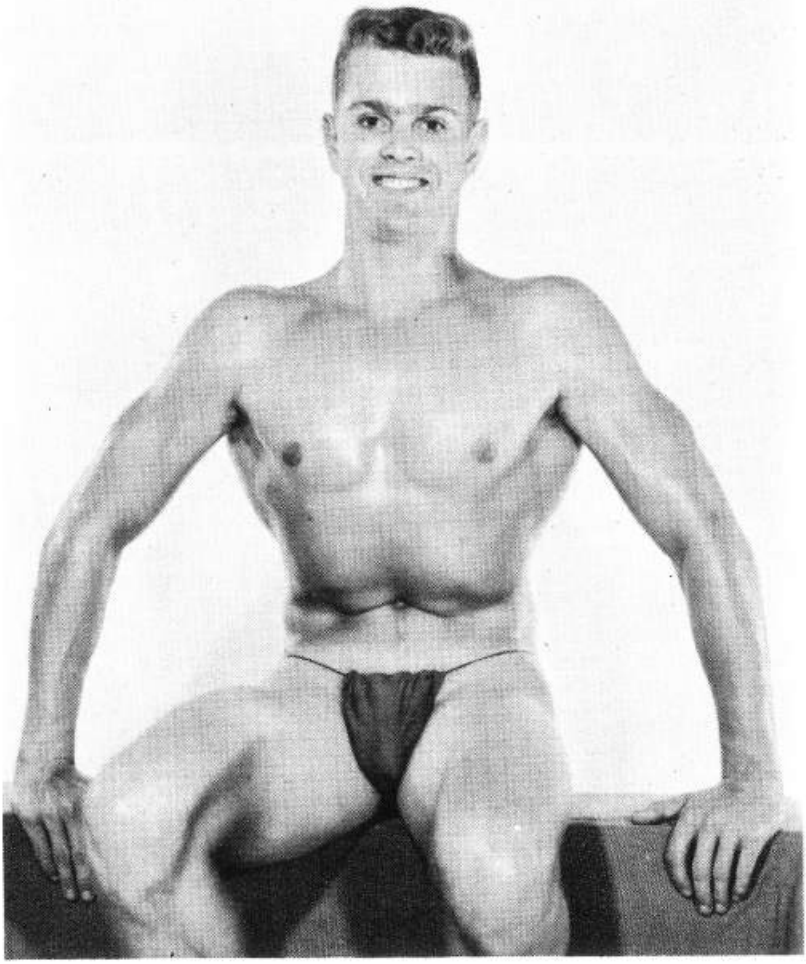
MARTY PIANTADOSI, 19, above; and BUCK NICHOLSON, also 19; have contrasting, but equally desirable physiques. Photos by VULCAN.

DALE ROSSITER, 19 and just out of the USN, turned to Hollywood to seek his future. Photos by APOLLO.



Texas born **DON REYNOLDS, 18,** Chest 43" and Waist 30", depends upon surfboard riding and his work as a truck driver to keep in trim. Photos by ZENITH.

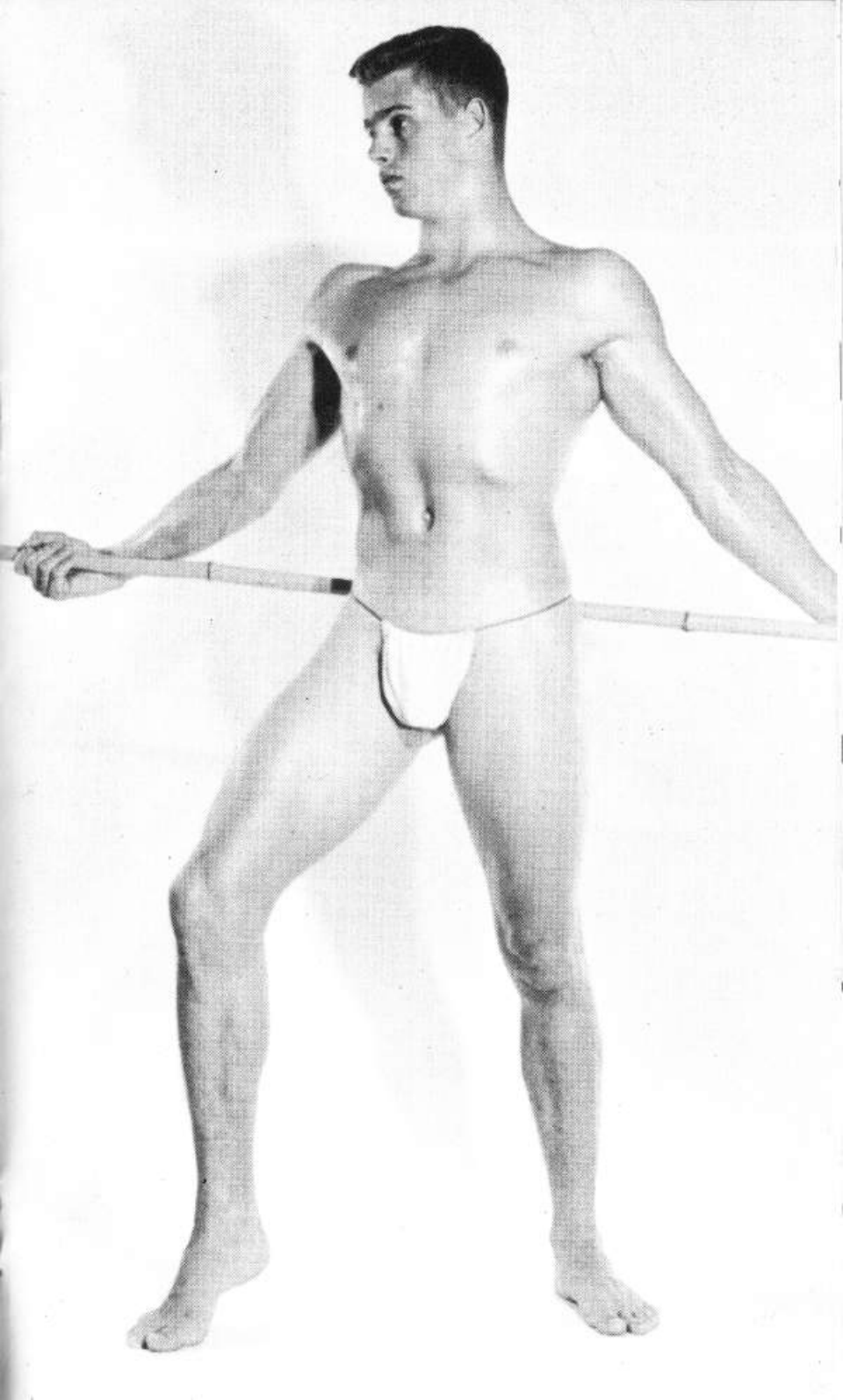


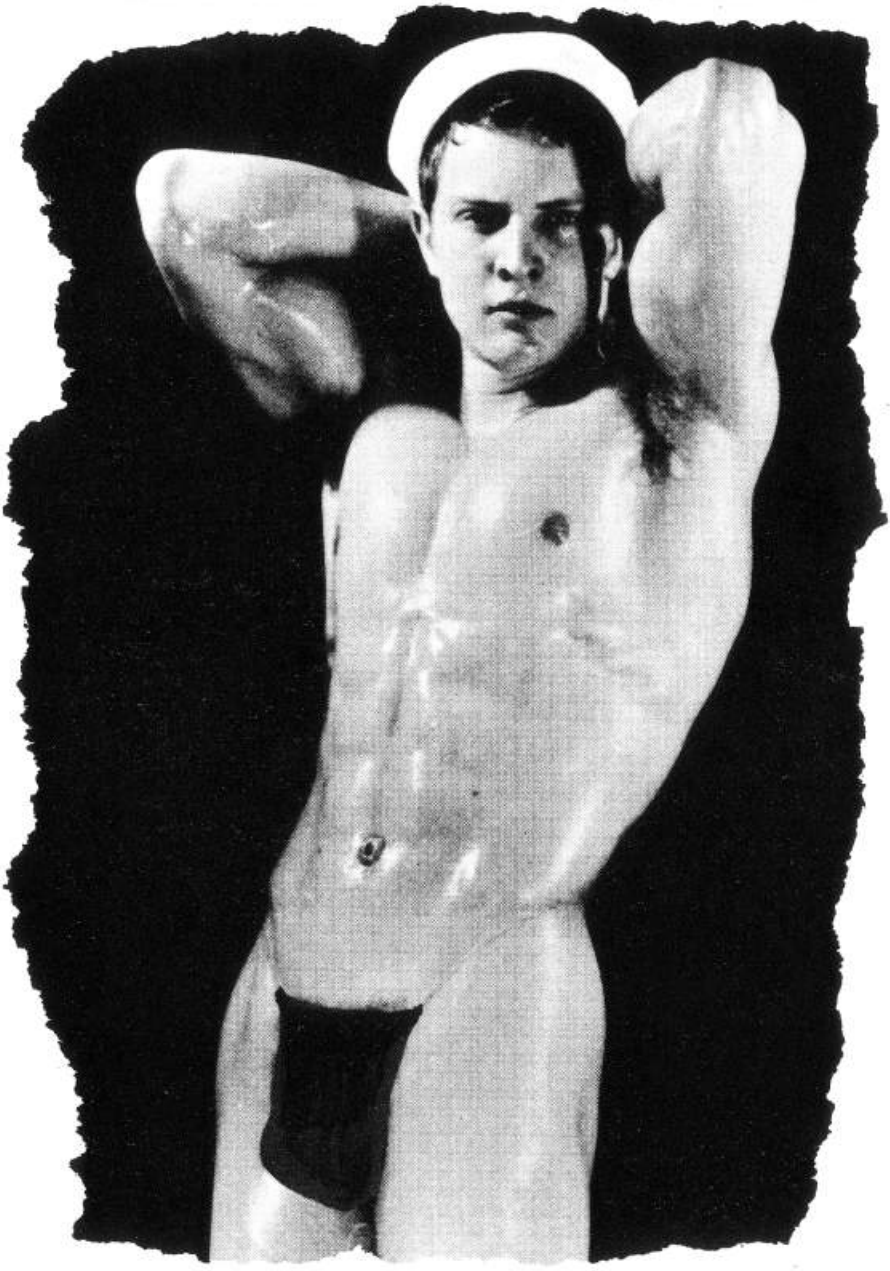


JOHN BROELIO

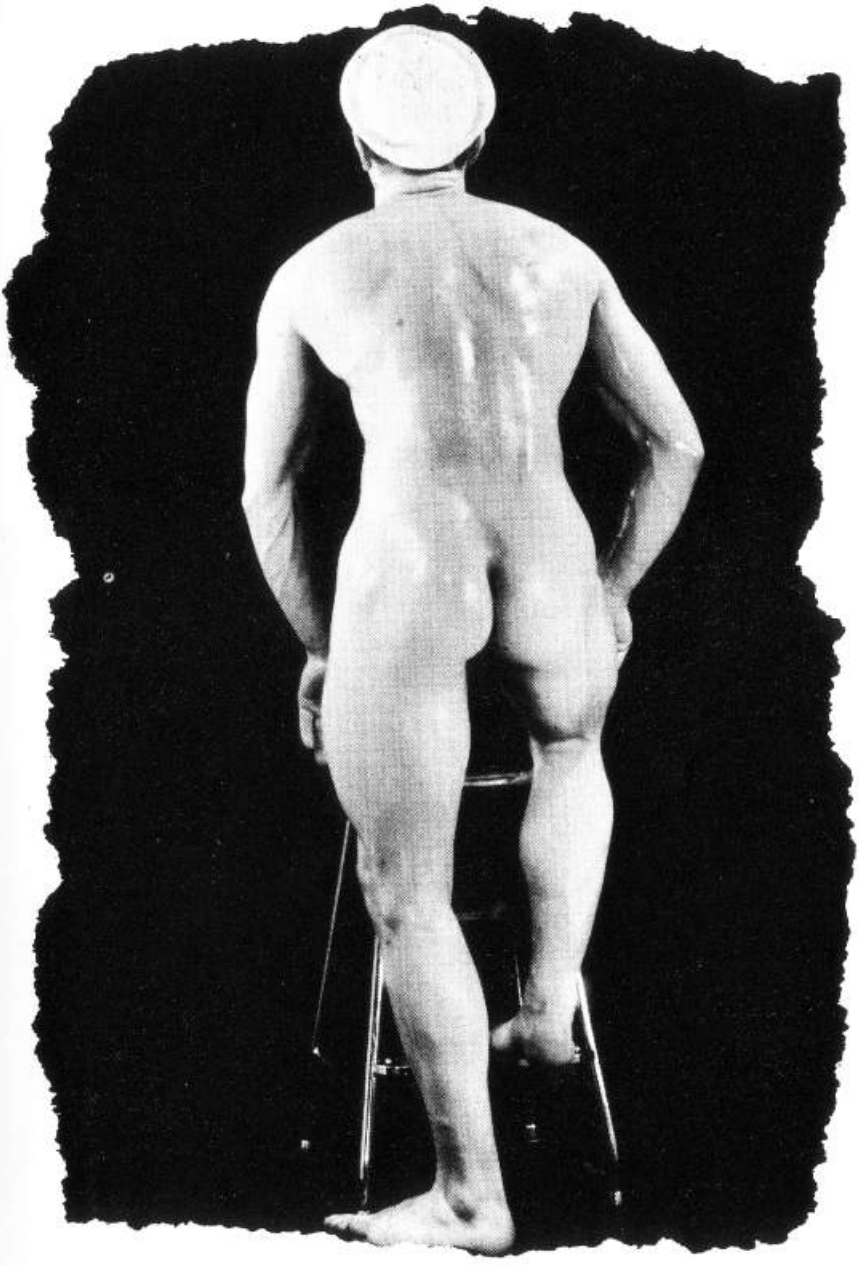
Another BRUCE Discovery . . .

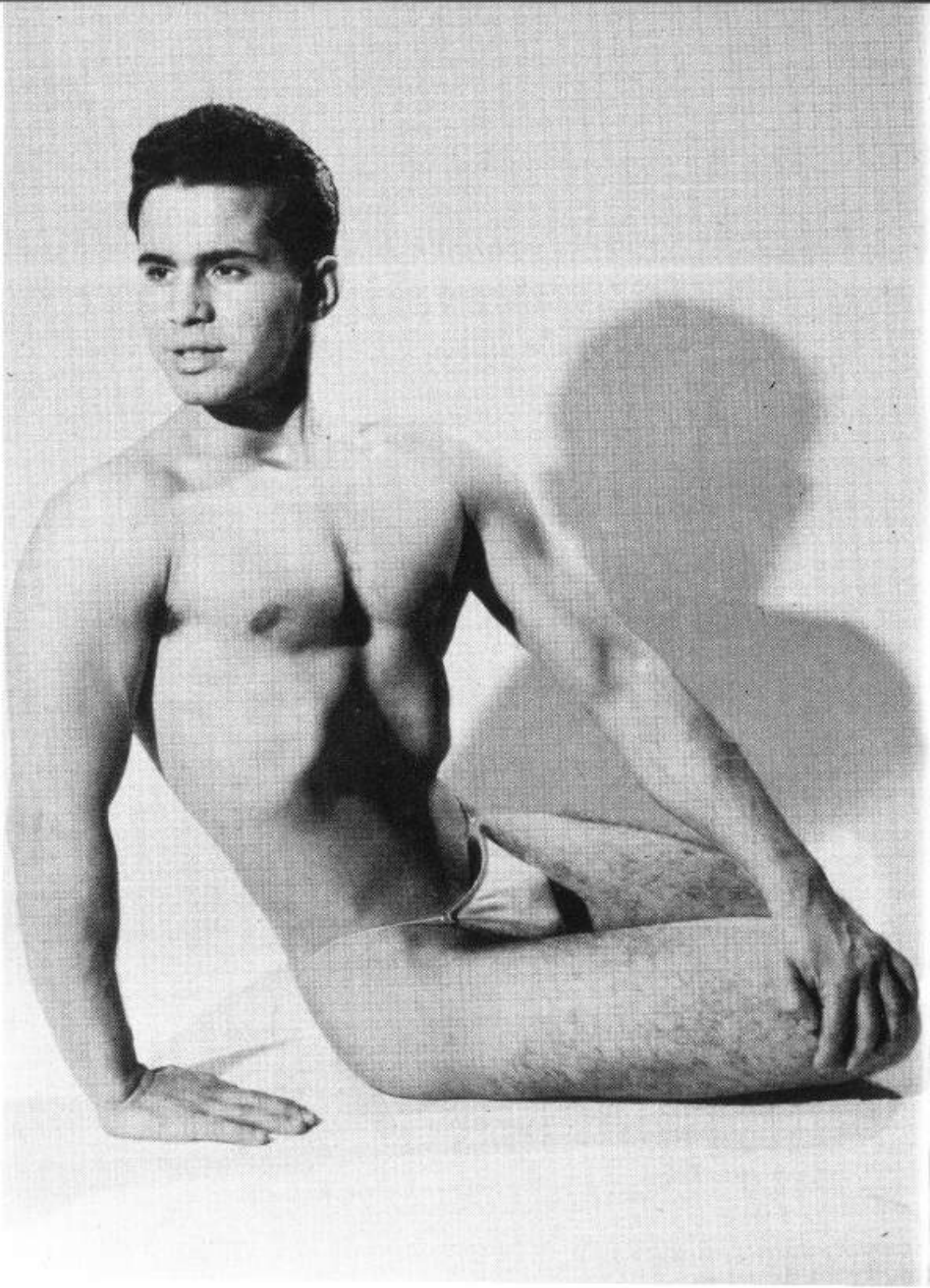
FIZEEK readers would recognize the BRUCE trademark anywhere—a rare and striking summation of model and photographer. JOHN BROEILO, 17 year old high school athlete fresh from Norway, 5'10" and 156 pounds of dynamic muscle, is a soccer, tennis and ice hockey enthusiast. BRUCE also publishes "Male Figure,"—tops among all physique publications.



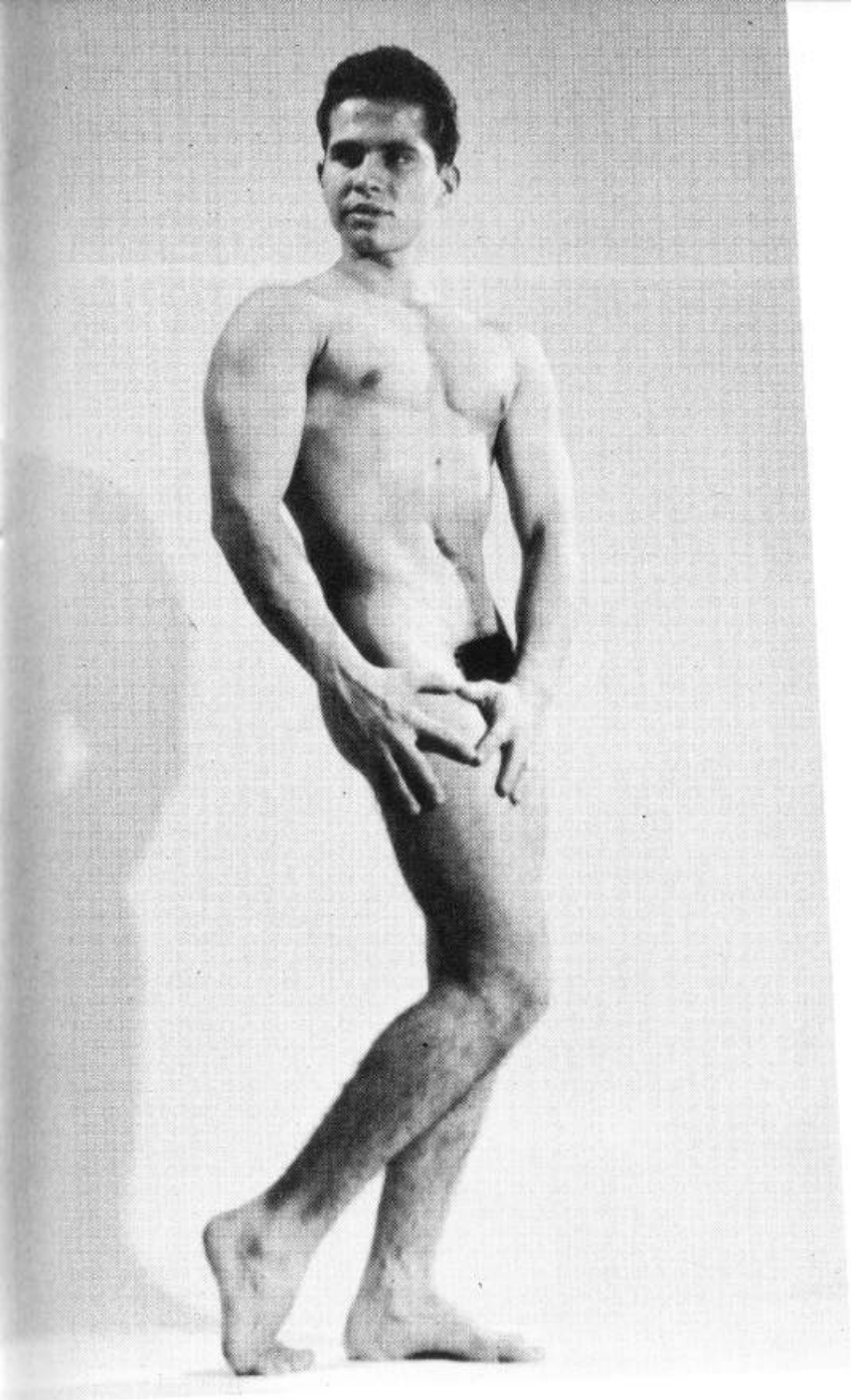


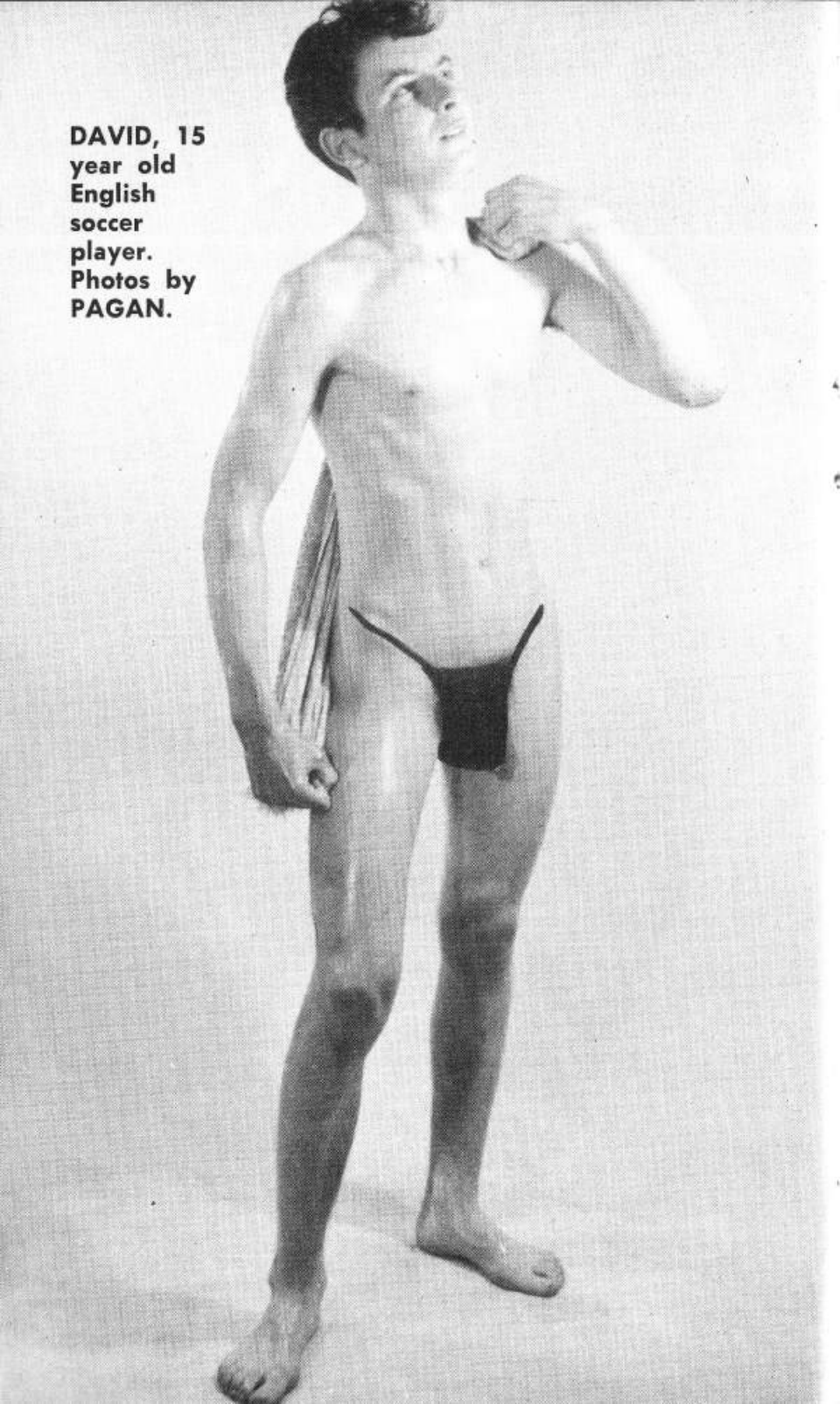
FIZEEK readers will agree that Sweden's new physique studio, FOTO GRAFO, could hardly have gotten off to a more auspicious start than by presenting the sensational 17 year old JORGEN HERMANSSON.



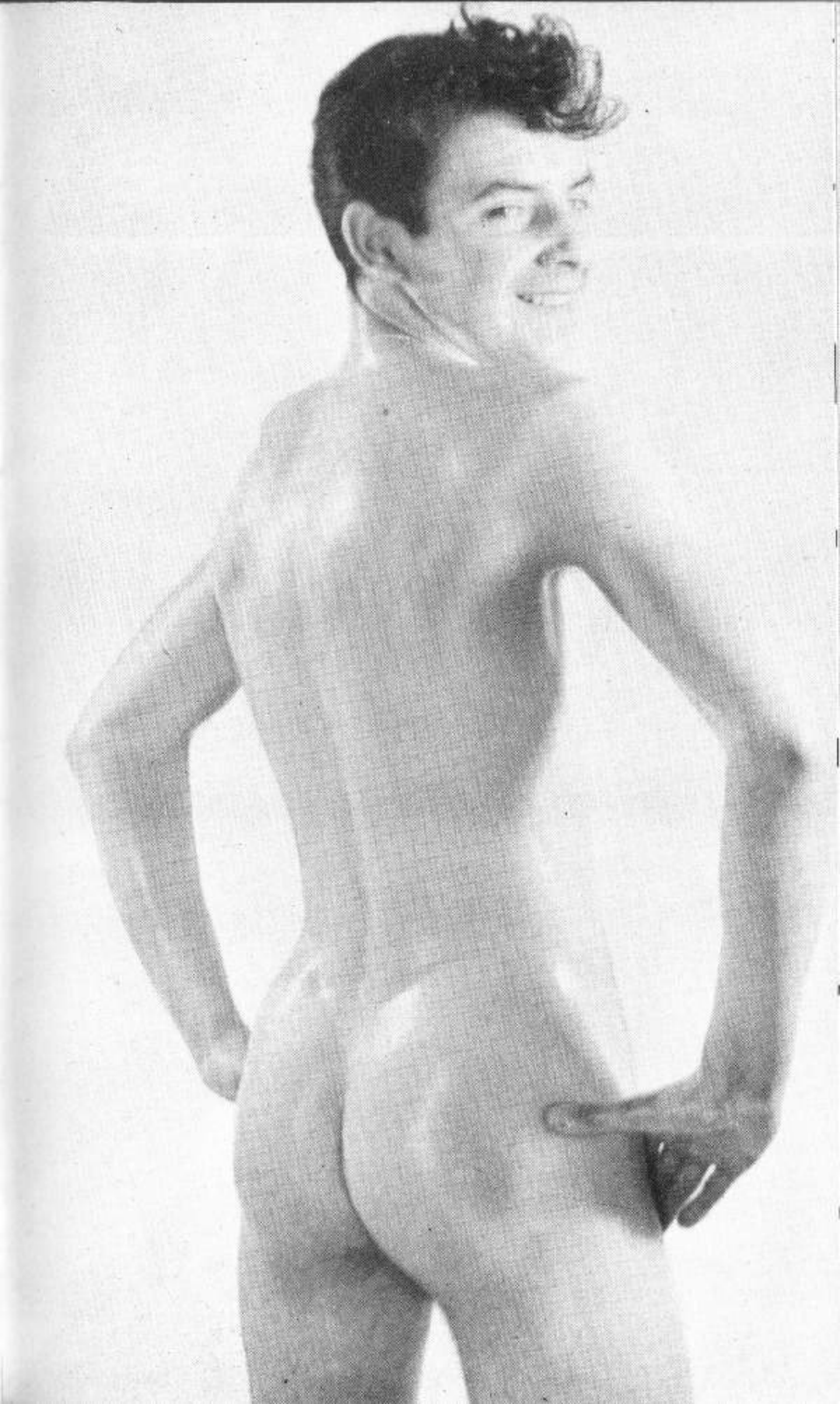


"SAMMY," photographed by New York City's famed photographer of stage and screen personalities, AVERY WILLARD.

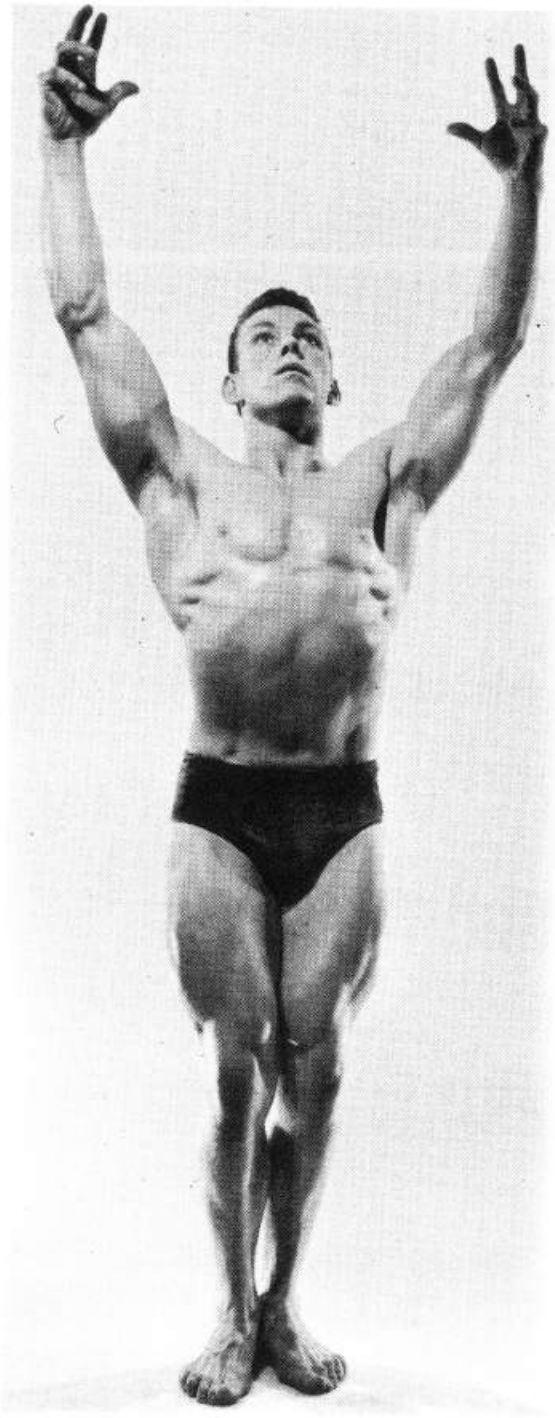


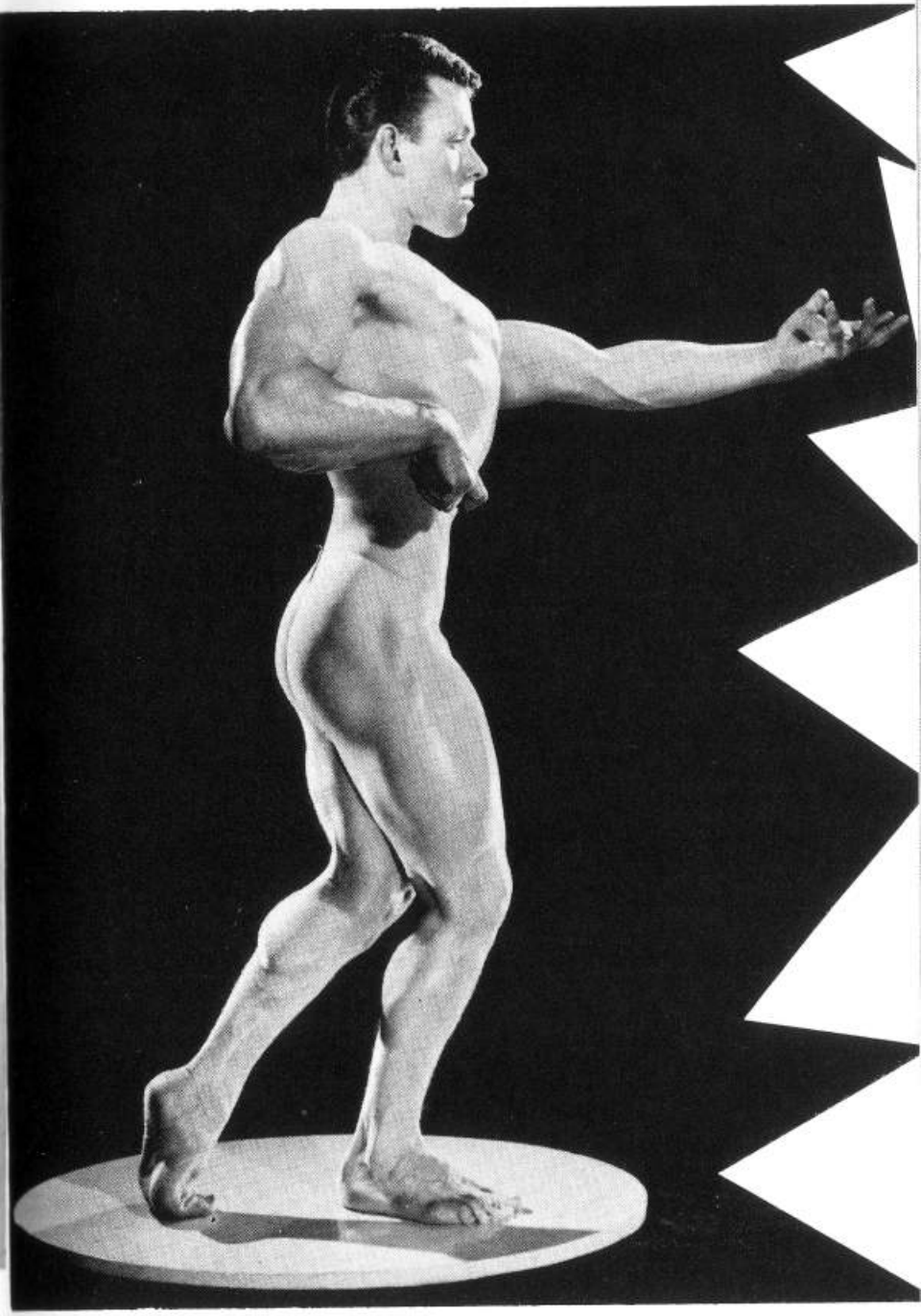


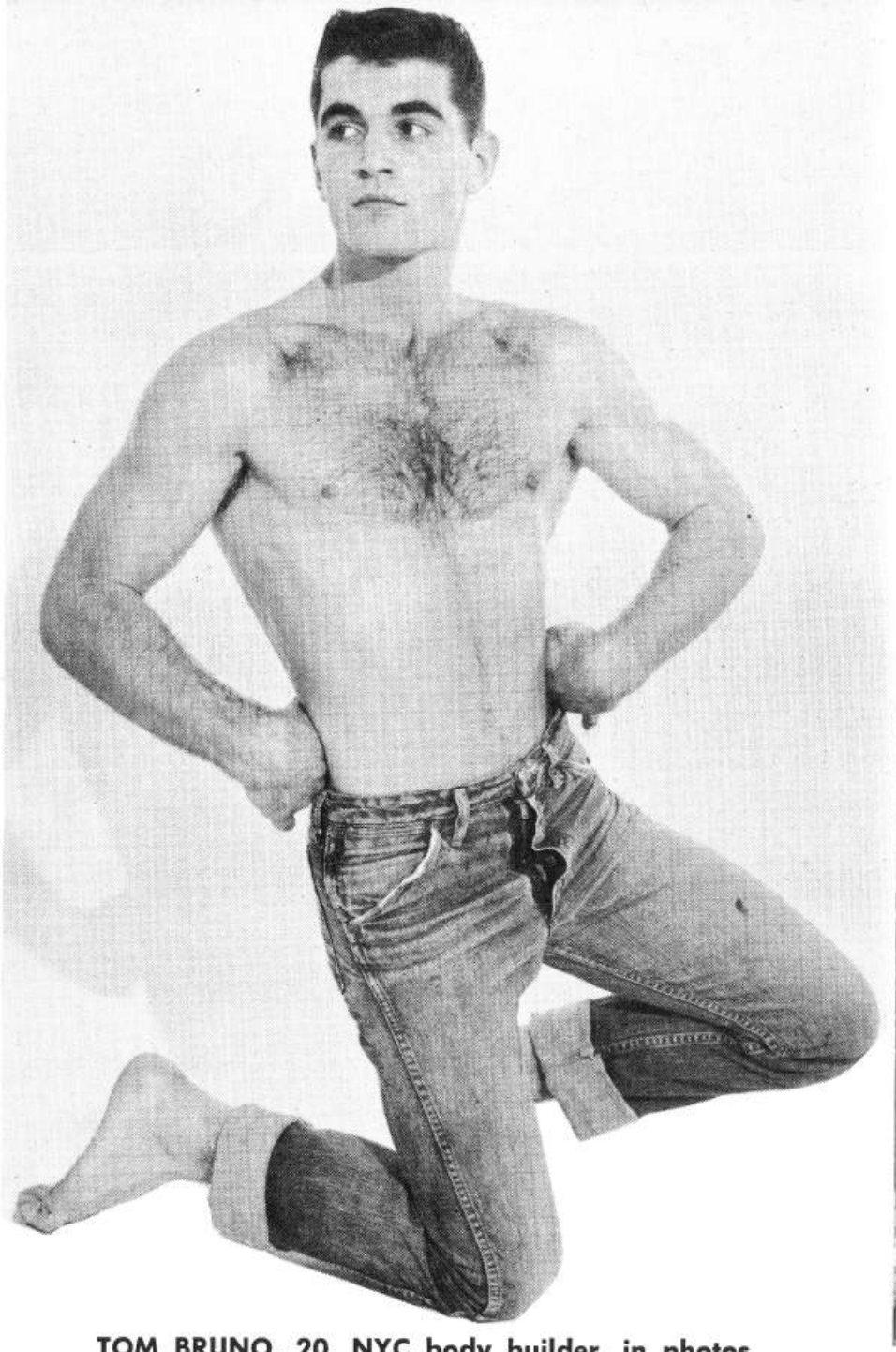
DAVID, 15 year old English soccer player. Photos by PAGAN.



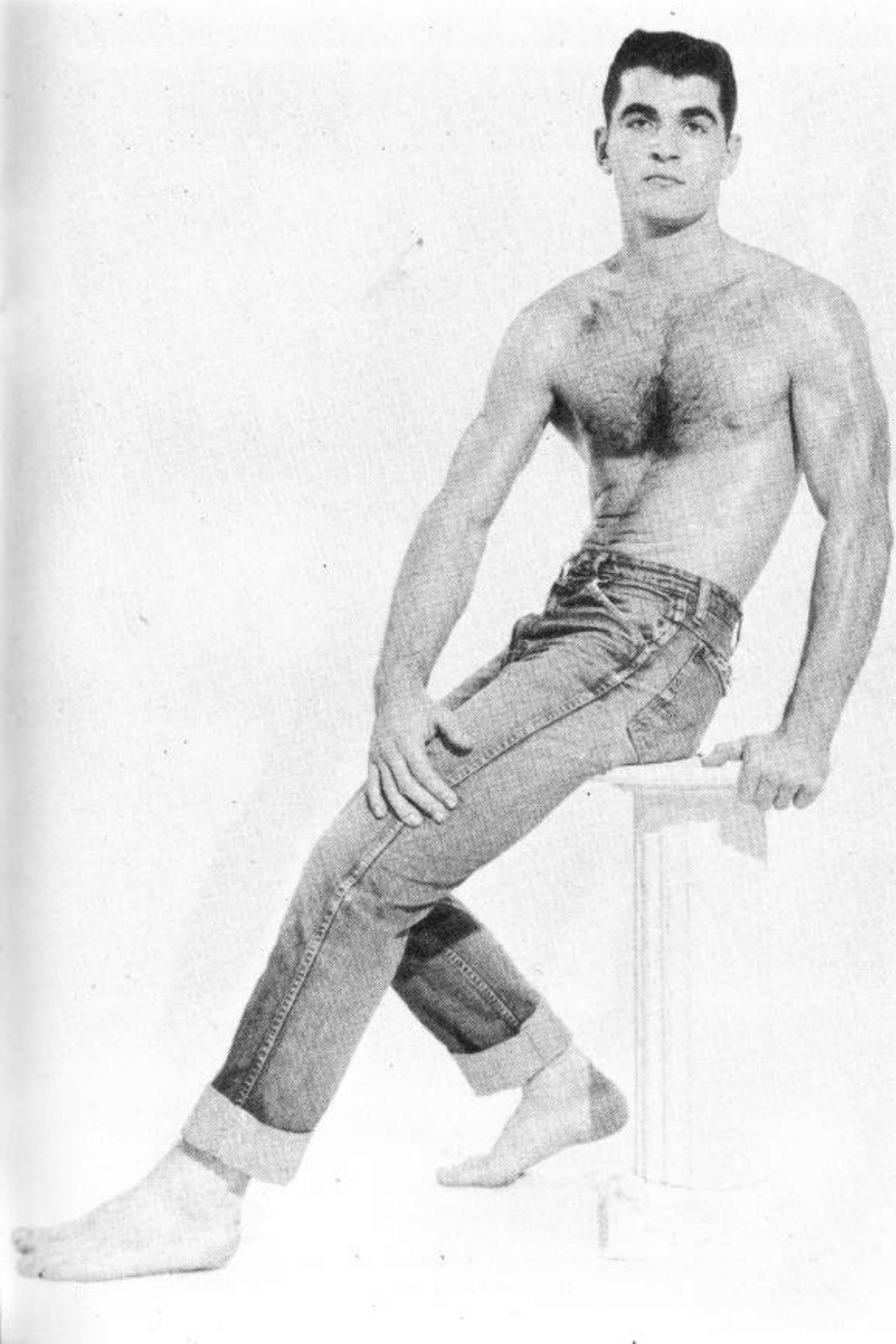
ROYALE, top British studio for physique photography, can always be counted on to present only the top British body builders. As in the case of NORMAN WALTERS, whose classic physique is presented on these pages, no doubt exists as to the justice of his now prominent place among body builders throughout the world. FIZEEK urges readers to write to ROYALE for the best in both physiques and photography.

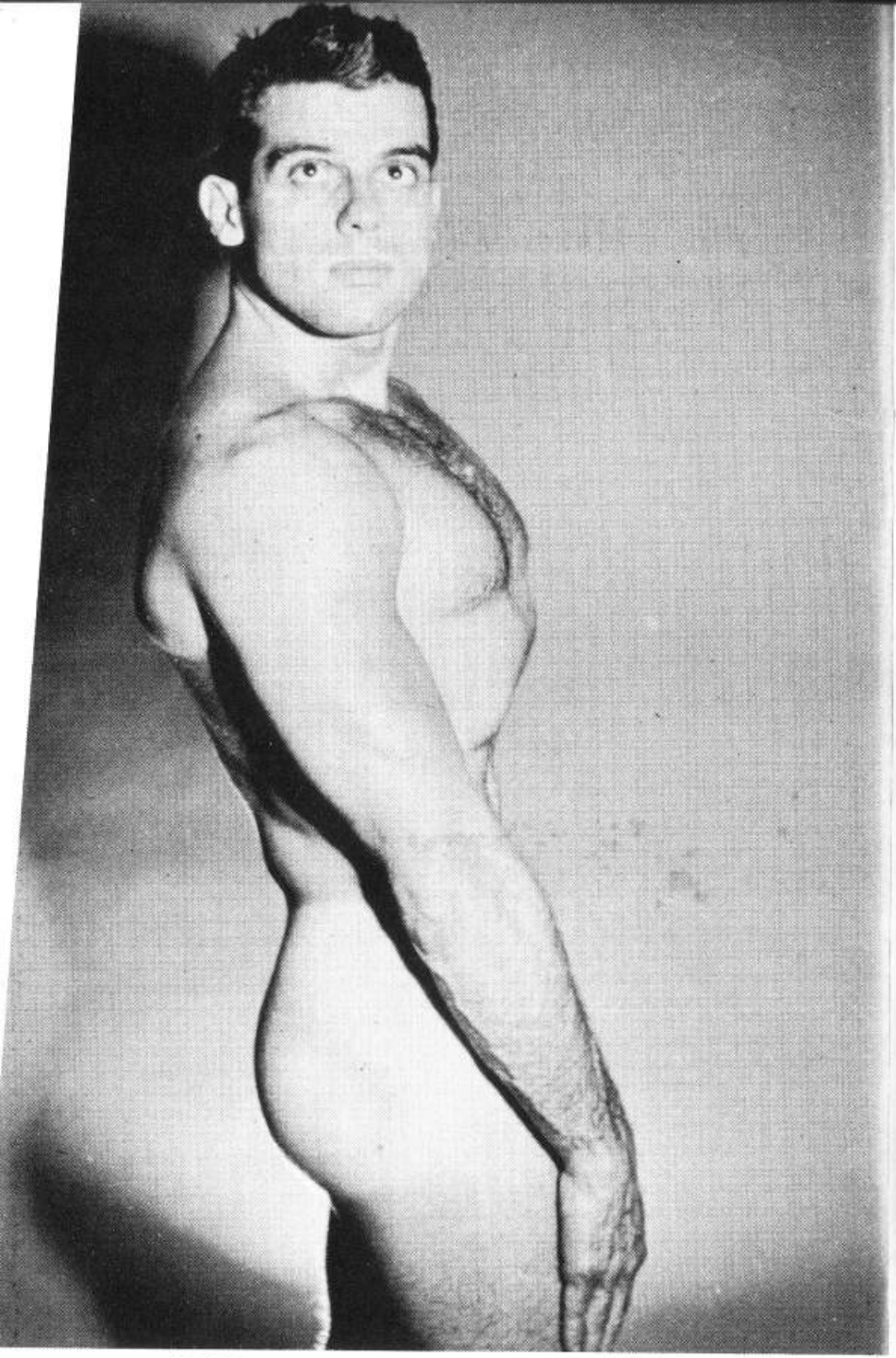




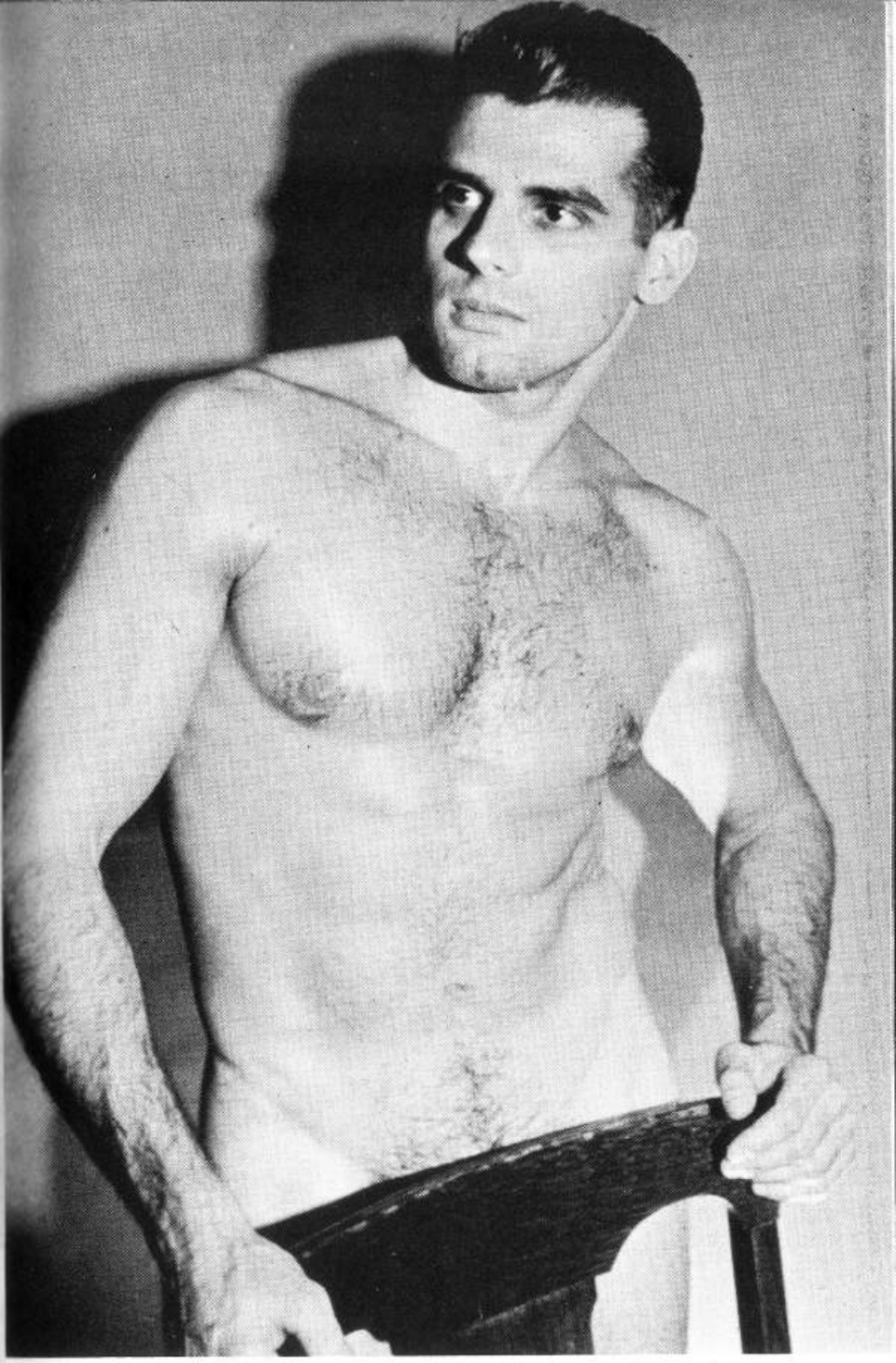


TOM BRUNO, 20, NYC body builder, in photos from BOB ANTHONY.

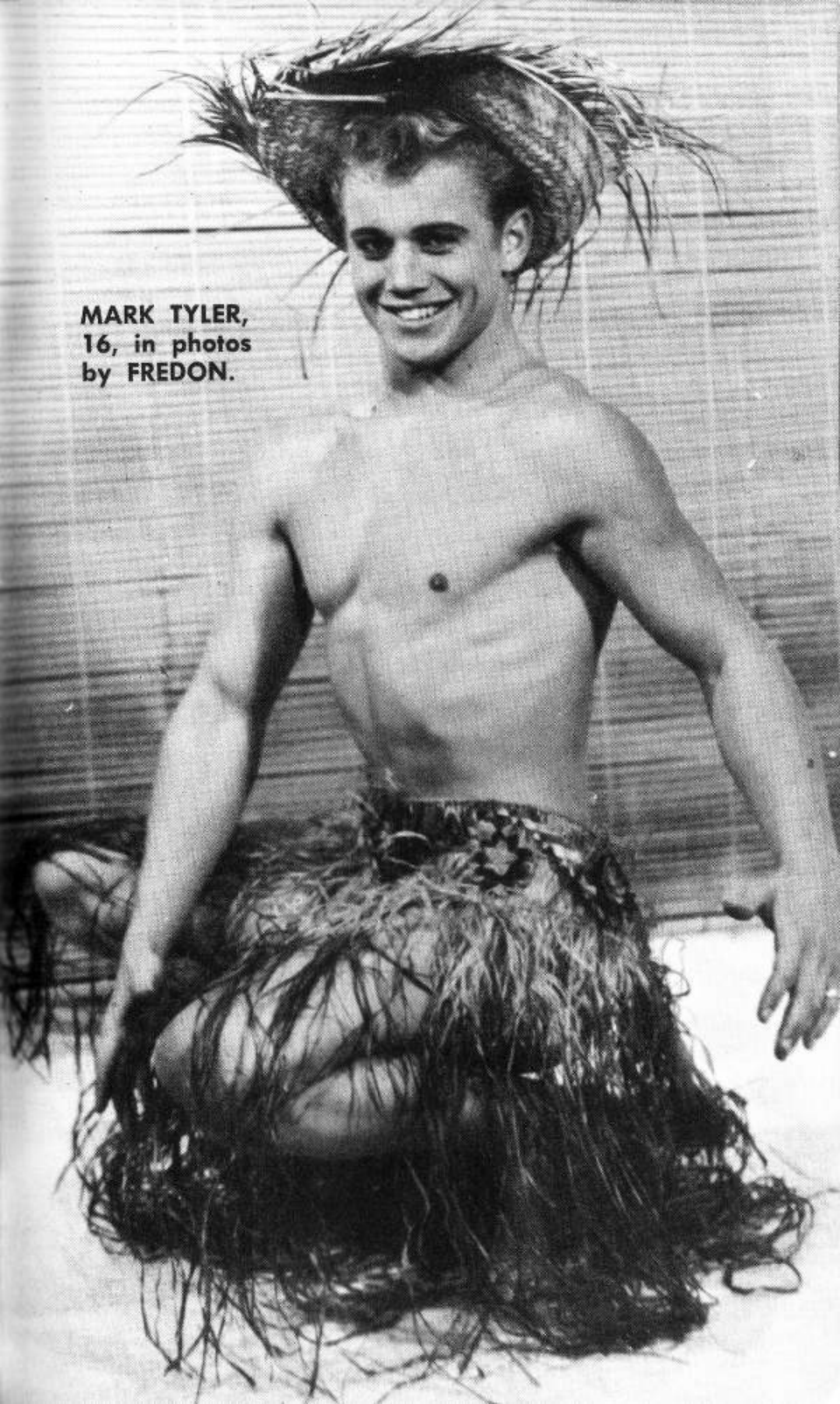




HANK HALL in photos by DON YOUNG.

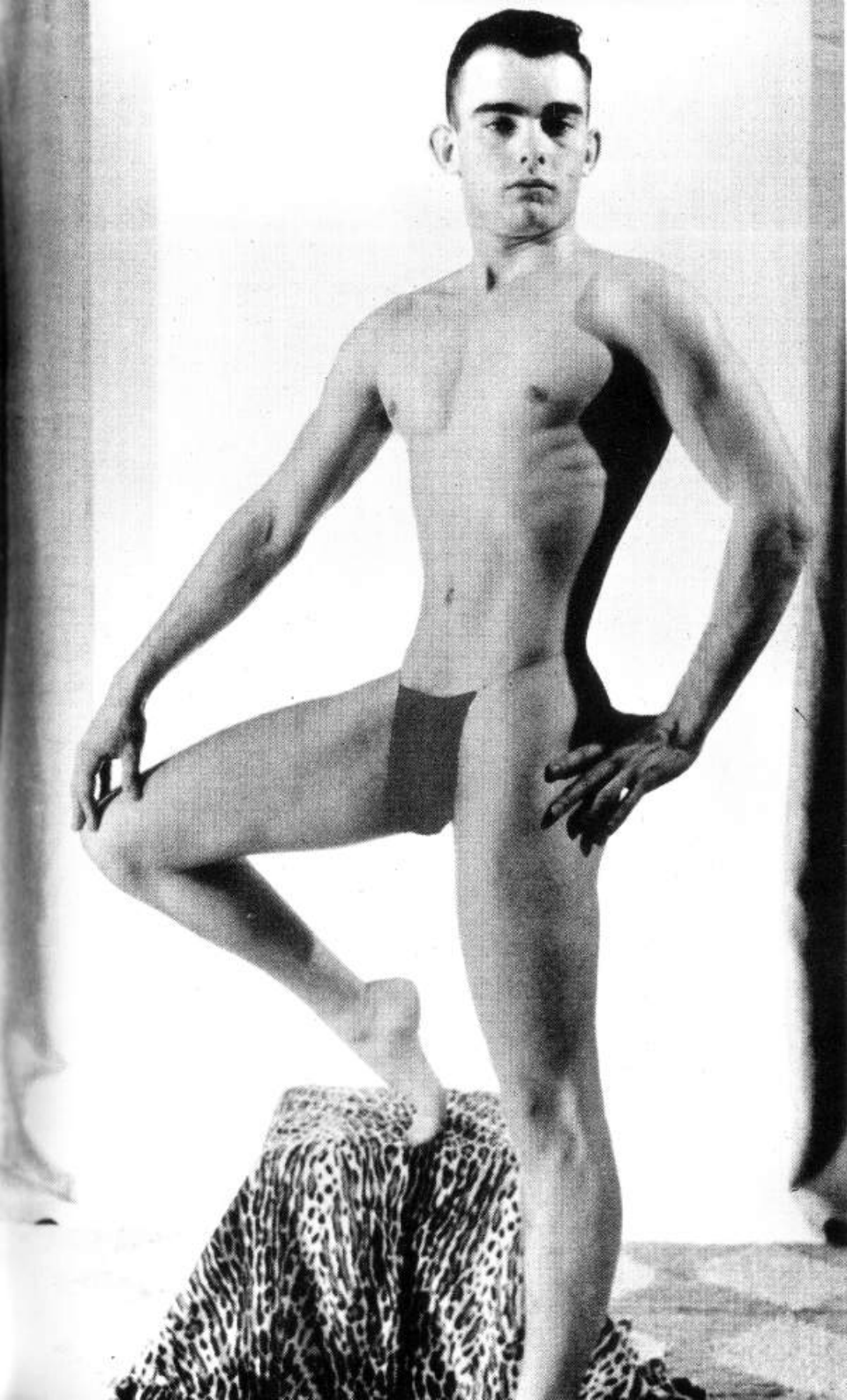


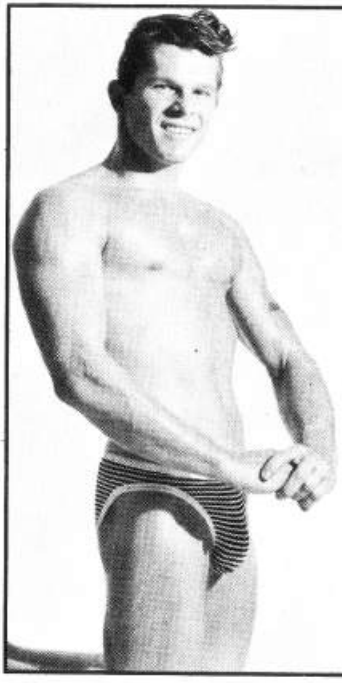
TOMMY PARISI, 16 year old NYC High School body builder. Photos by ANTHONY.



MARK TYLER, 16, in photos by FREDON.

CHUCK REPLINGER, 19, ex-USMC, Photos by DeZIGN.





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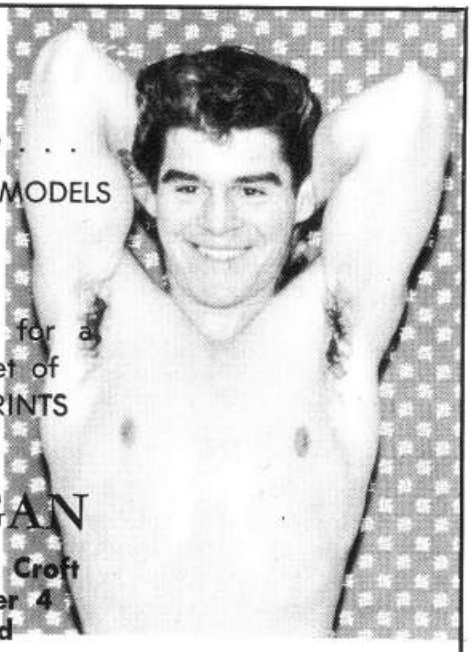

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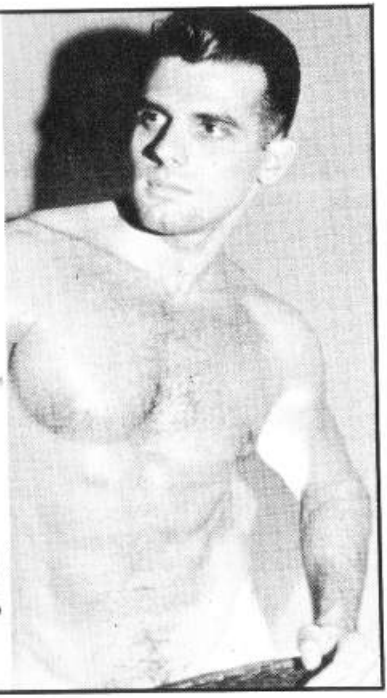

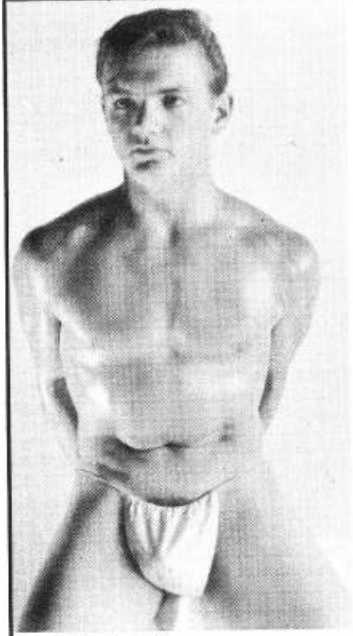

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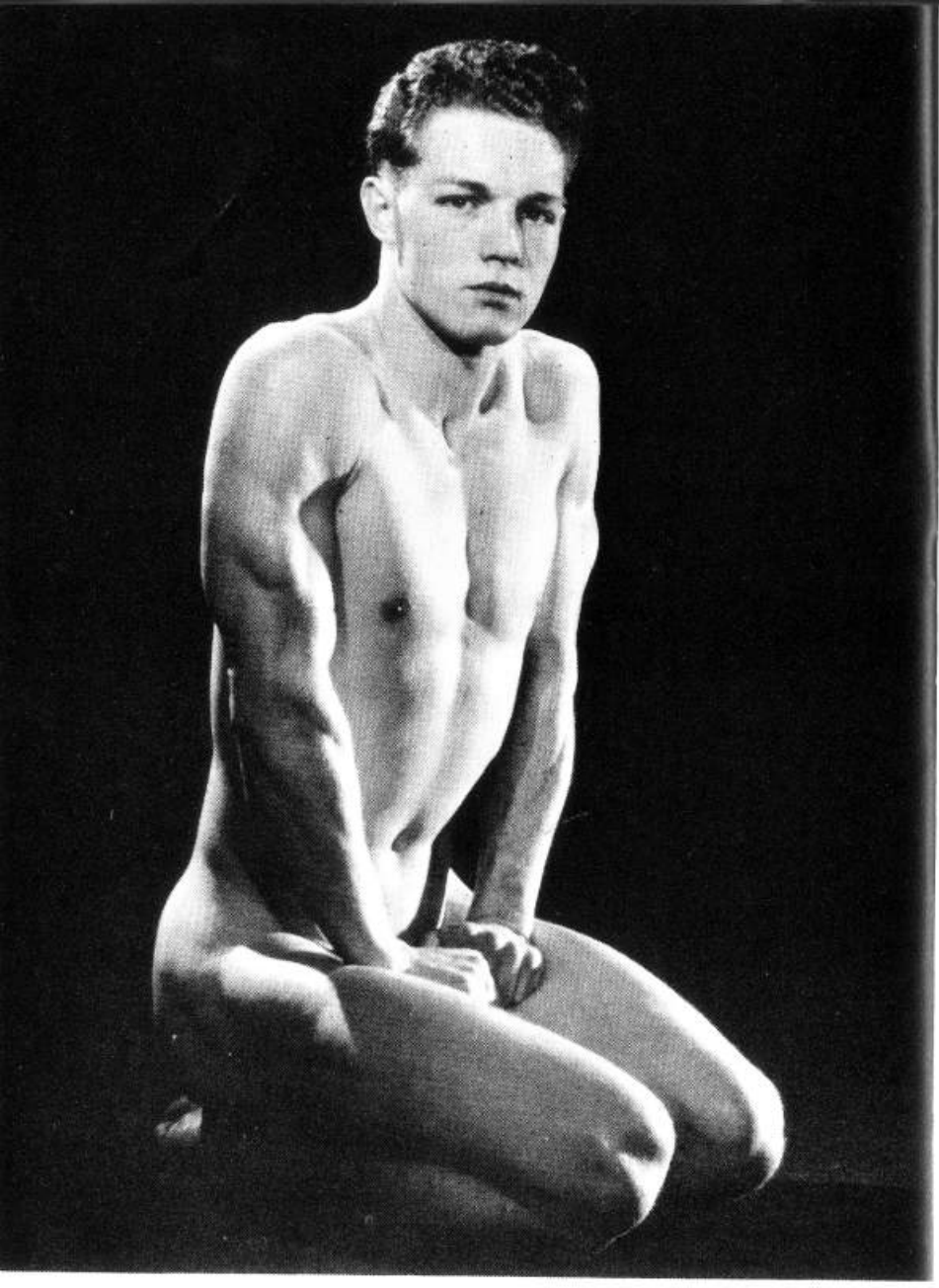
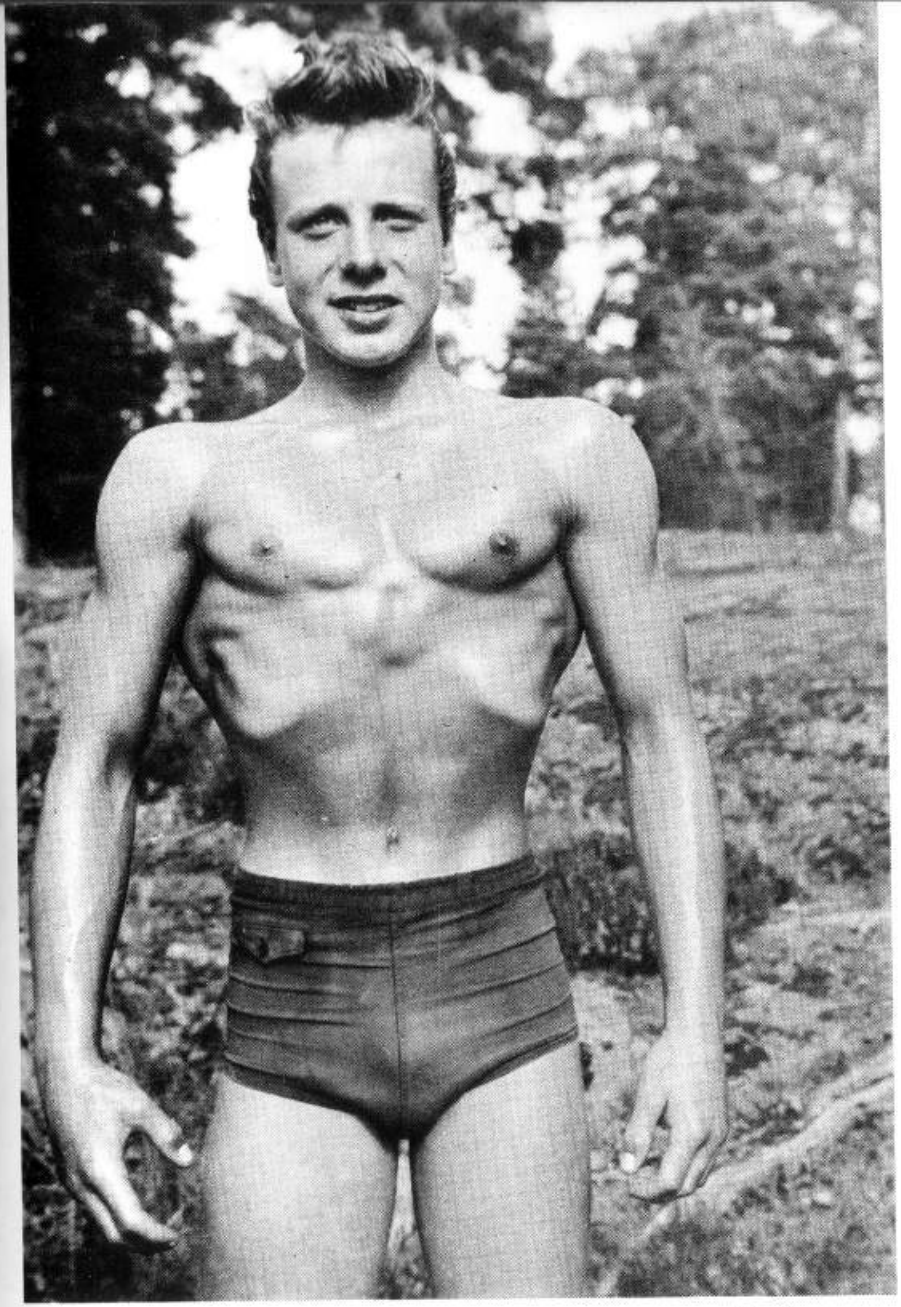
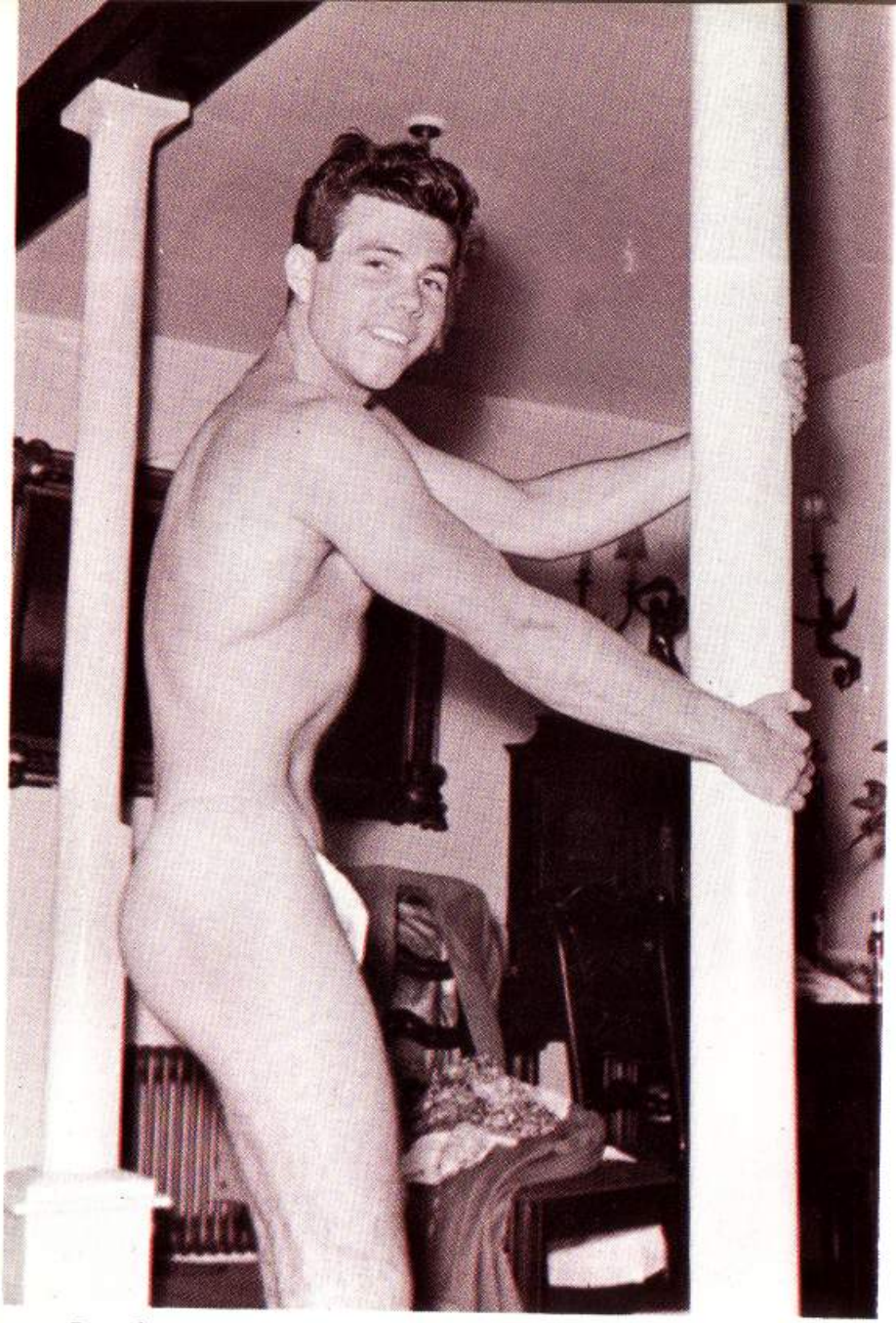


FIZEEK readers continue to write in with enthusiastic demands that we use more photos of RAF Corporal PETER GEORGE—we oblige herewith and present Peter again in, as always, a ROYALE photograph.

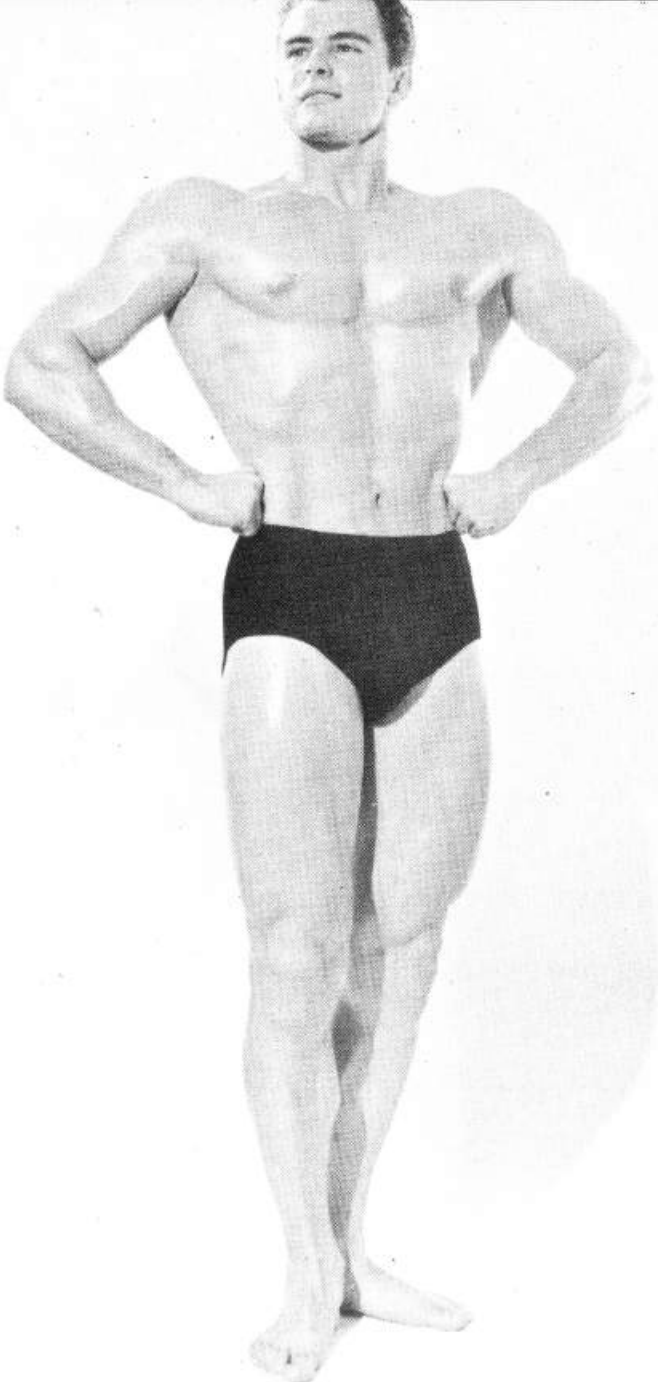


Always anxious to encourage younger body builders, FIZEEK is proud to present 15 year old Swedish gymnast ARNE ANDERSON in a photo by SVEN SCHEME.

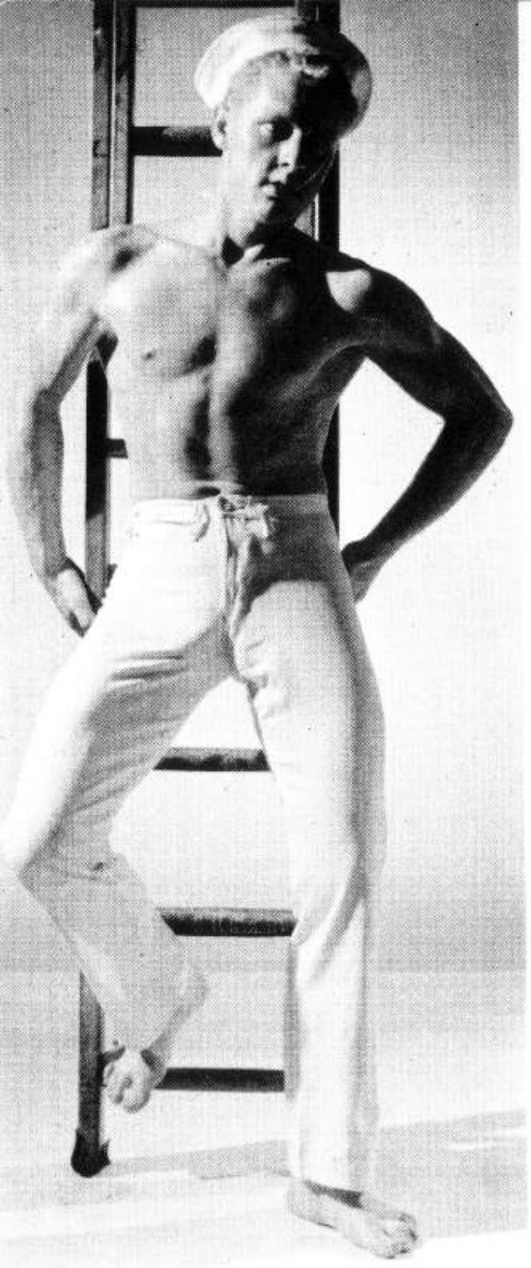


Popular British body builder DENNIS WHITE, 19, has interrupted his London gym routines to serve in the British Army. Dennis, now stationed in Cypress, is a DOMENIQUE exclusive.

Another famous name in physique photography makes its debut with us in this issue of FIZEEK. SCOTT of London obliged with these sensational shots of BOB FLYNN.



LARRY CIANCHETTA, 20 year old NYC body builder, makes his first appearance in print by courtesy of BOB ANTHONY.



GEORGE STOKES, rising young British body builder, in a photo by SCOTT.

Fizeek Directory

Listed below are the artists and photographers with whose work FIZEEK is familiar and urges its readers to support. Send $1.00 for catalogs. Tell them you saw their work in FIZEEK.

Photographers whose names appear under photo credits but who are not listed in the Directory do not have any photographs for sale.

Adam, P.O. Box 889, Grand Central Station, N.Y. 17, N. Y.
Bob Anthony, 910 West End Avenue, N. Y., N. Y.
Apollo Productions, 5880 Hollywood Blvd., Hollywood, Calif.
Studio Arax, 31 Blvd. Raspail, Paris VIIe, France (Note no catalogs available, Prints $1 Each with a minimum order of six)
Jon Arnt, 111 Eastlake, Seattle, Wash.
Art Bob, 1611 North Ave. 56, Los Angeles 42, Calif.
Atelier Alpha, Box 6239, Johannesburg, South Africa.
B & B Studios, P.O. Box 65983, Glassel Sta., Los Angeles 65, Calif.
BM/VADC, London W.C. 1, England
Glenn Bishop Studio, P.O. Box 461, Grand Haven, Mich.
Bruce, 11762 Kensington Road, Los Alamitos, Calif.
Cal-Model, Box 285, San Francisco, Calif.
Photo by D. P. O., Box 183, Old Chelsea Station, N. Y., N. Y.
Ross Deaner, Box 267, Somerset, Penna.
DeZign, Box 7403, Benj. Franklin Station, Wash. 4, D. C.
Demenique of London, Suite 35a, 119 Oxford St., London
Emerald Pictures P.O. Box 352, Bellmore, N.Y.
Etienne, P.O. Box 1251, Chicago 90, Ill.
Eurphoto Muscles, Rue Haute 17, Andrimont, Belgique
Florida Model Guild, Box 33-331, Coconut Grove, Florida
Forca e Saude, Rua Da Gloria 32, Apt. 702, Rio de Janeiro, Brazil
Foto Grafo, P.O. Box 326, Sundbyberg, Sweden.
Fredon, Box 1407, Milwaukee 1, Wisc.
Free Lance Studio, 102 Amity Street, Hartford, Conn.
Gentry of New Orleans, Box 2382, New Orleans, La.
Dick Harrison, P.O. Box 46723, L.A. 5, Calif.
Al Heinecke, 150 Clear Stream Road, Lakewood, N.J.
Jock Studio and Agency, P.O. Box 404, Johannesburg, Transvaal, South Africa.
J-Rome, Box 2303, Hollywood 28, Calif.
Kris Studio, Box 1251, Chicago 90, Ill.
Lothar Lang, P.O. Box 521, Aarau, Switzerland.
Mark-One, Box 32, Lachine, Que., Canada
William MacLane Studios, P.O. Box 9012 Queen Ann Sta., Seattle 9, Wash.
Milo, 601 S. Vermont Avenue T., Los Angeles 5, Calif.
Pacific Films, 716 Key Route Blvd., Albany, Calif.
Pagan, Wellington, Chambers, Nicholas Croft, Manchester 4, England.
Paignton, 86, Castelnau, Barnes, London, S.W. 13, England
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Royale, 110 Denbig St., London S.W. 1, England
John Ryan, 803 Mt. Royal, East, Montreal, Que., Canada
Sven Scheme, Erstagatan 24, Stockholm So., Sweden
Scott, Number One, Orme Court, London W. 2, England
Jack Sidney, P.O. Box 97 Williamsburg Sta., Brooklyn 11, N.Y.
The Sophisticate, 6 Normal Blvd., Glassboro, N.J.
Spartan, Box 46905 West Branch, L.A. 46, Calif.
Spectrum, P.O. Box 35, Sta. E., Cincinnati 19, Ohio
TYC, Box 365, El Cerrito, Calif.
Al Urban, 406 E. 73rd St., N.Y. 21, N.Y.
Ken Wallace, P.O. Box 38471, Vine Sta., L. A. 38, Calif.
Wessart Studio, P.O. Box 4293, Portland 8, Ore.
Western Photography Guild, Box 2801, Denver 1, Colo.
Don Wight, 67 Bedford St., New York 14, N.Y.
Willard, P. O. Box 2660, Grand Central Station, N. Y. 19, N. Y.
Don Young, 44 Westminster Rd., Brooklyn 18, N.Y.
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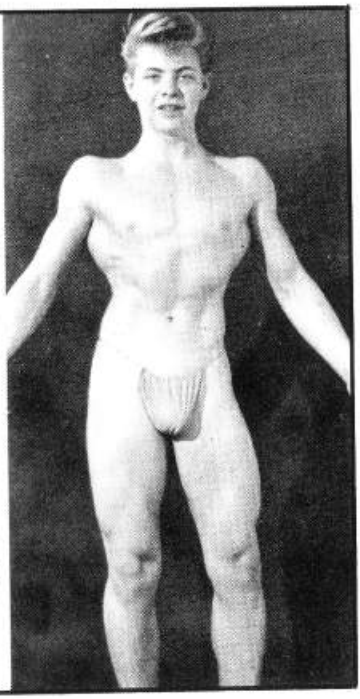

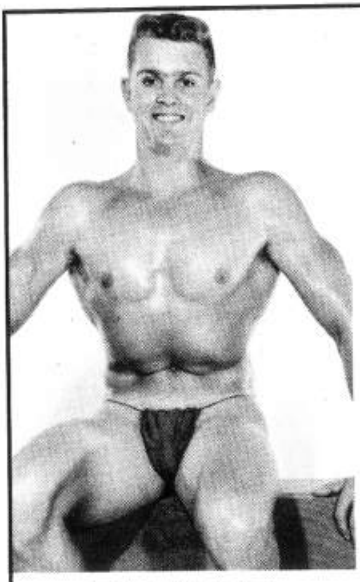

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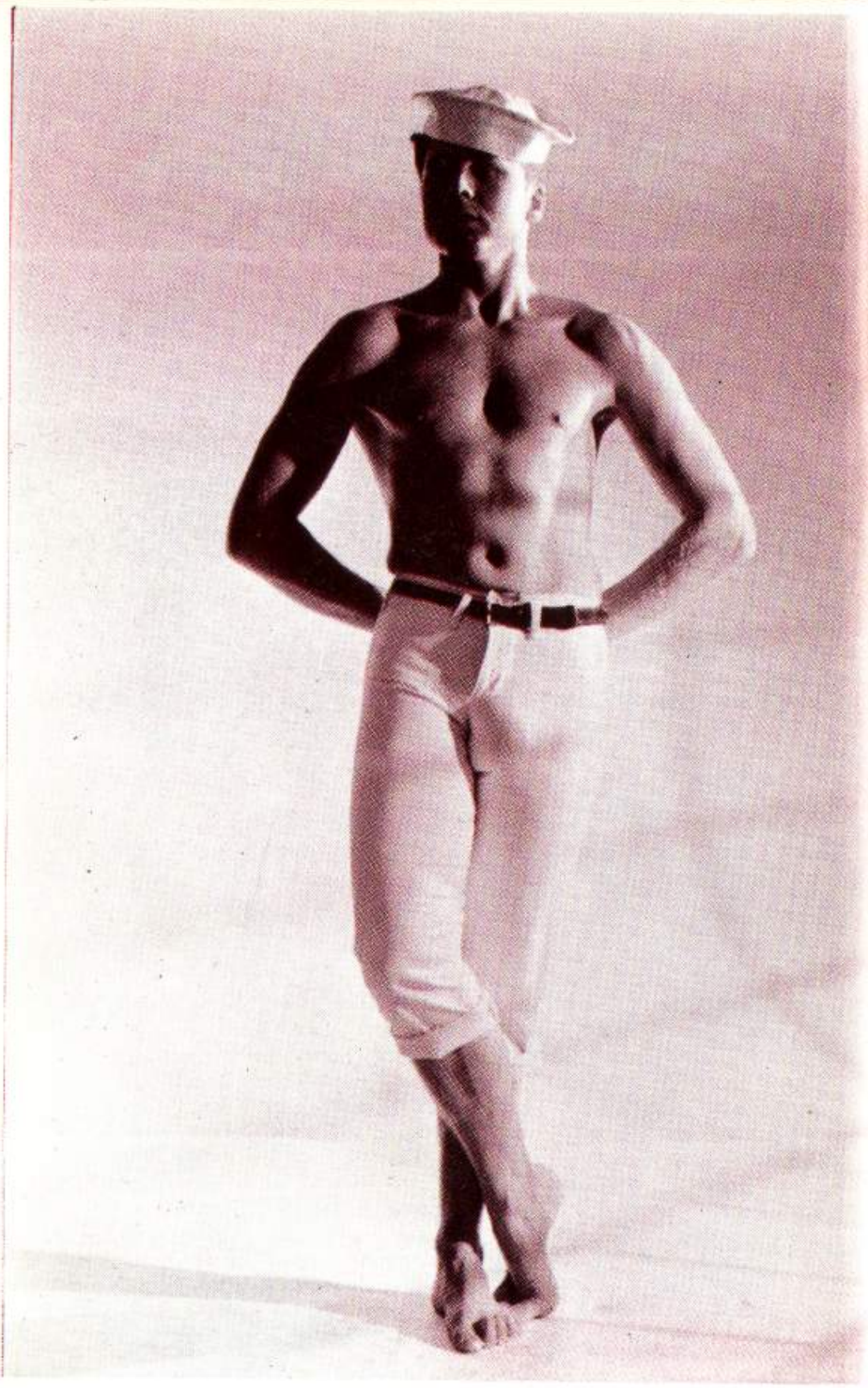
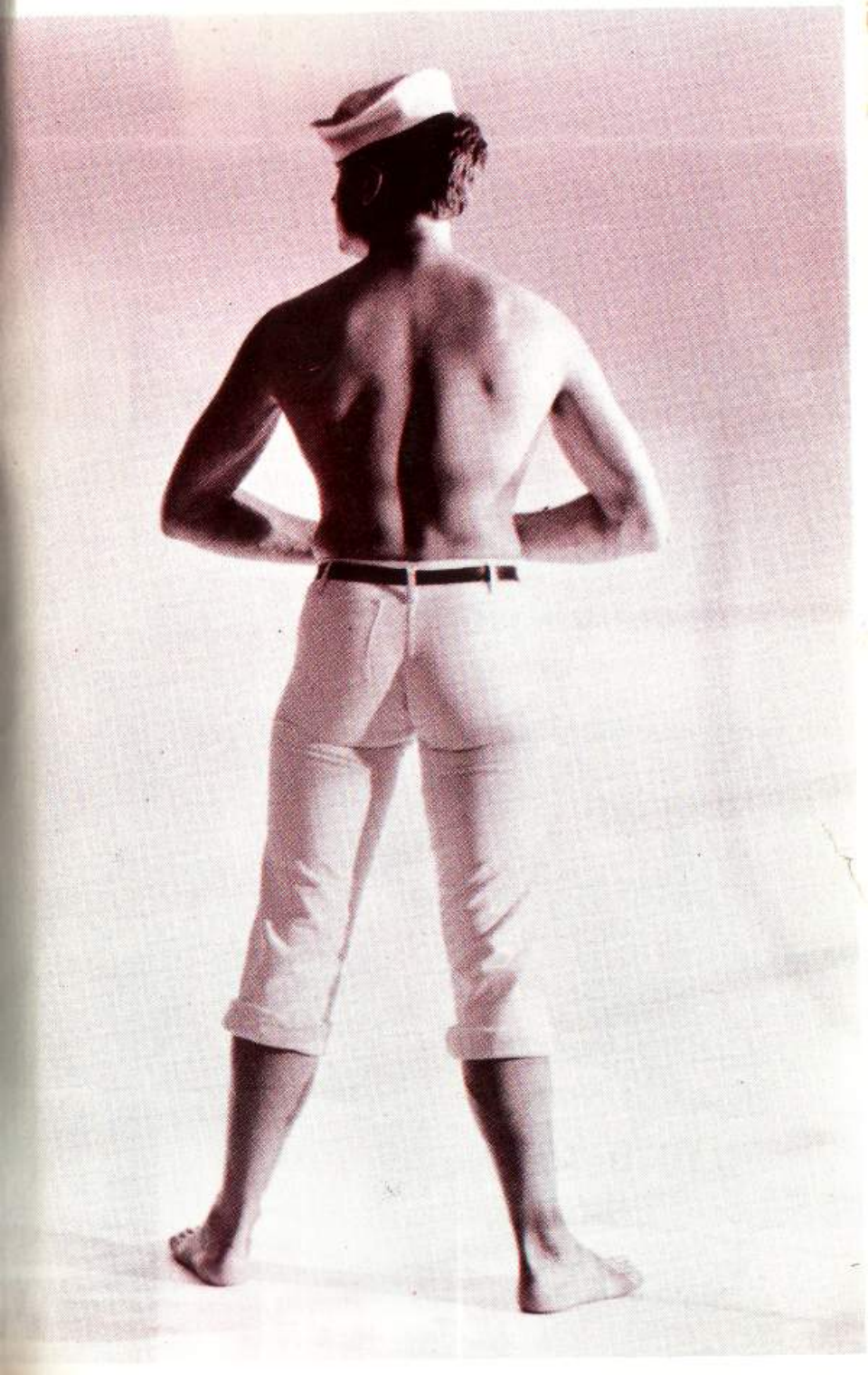
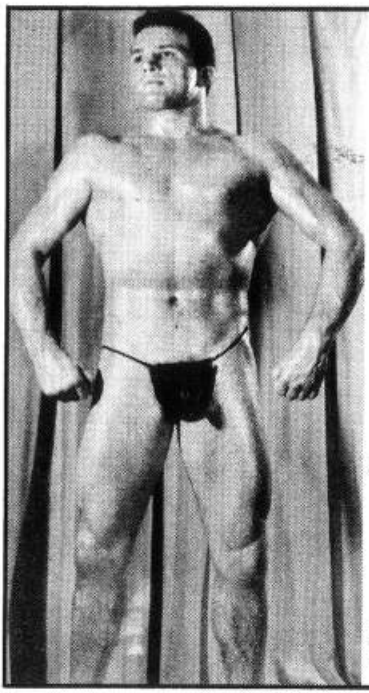


BRIAN EVANS, always popular with U.S. physique fans, in photos by SCOTT.





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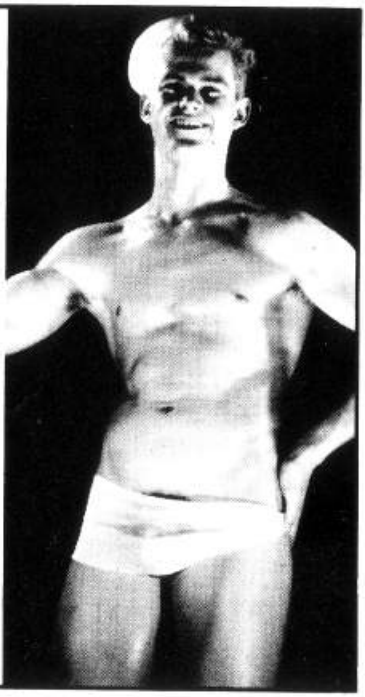
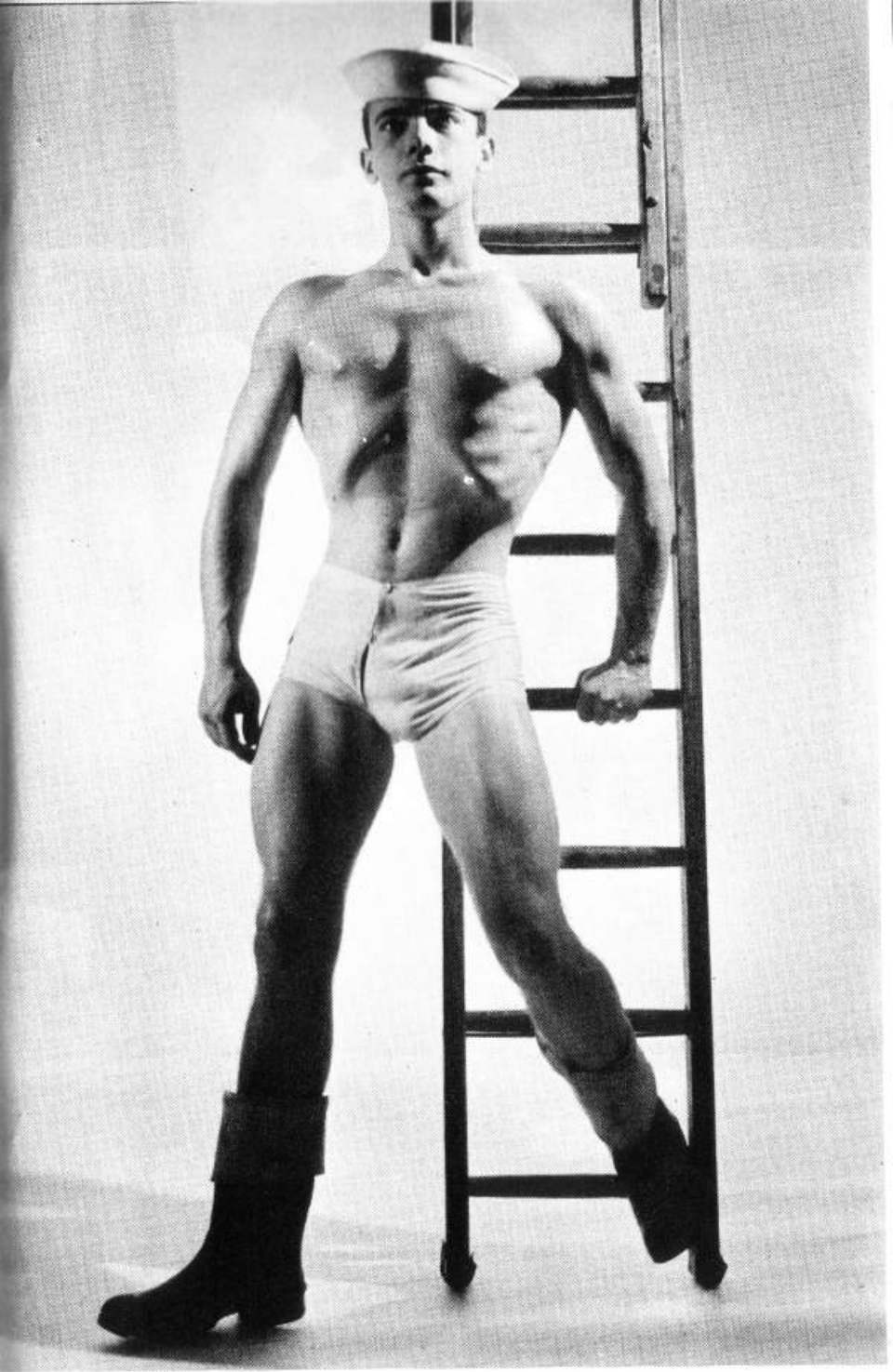
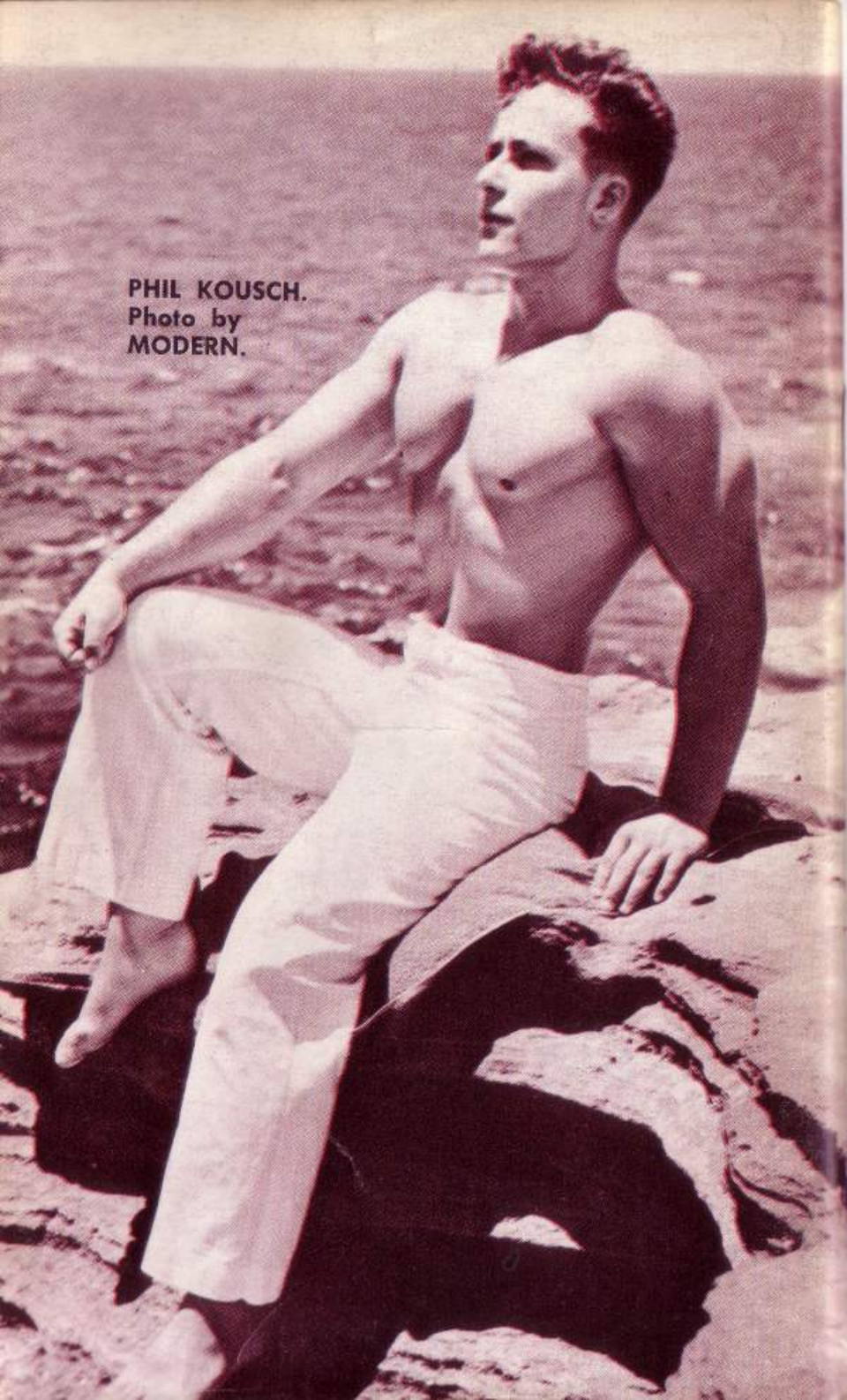




VIC MILLMAN. Photo by SCOTT.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